The Great North-Indian Vegan Cook Book

OIL-FREE

MAXIMUM WEIGHT LOSS

AMI DEANE

SNIGDHA ASIRVATHAM

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Introduction

Hi, my name is Ami, also known as Broccoli Mum. I'm a life-long vegan, and a busy mum of two. Despite never eating anything other than plant-based foods, I have struggled with my weight since I was a kid, with phases of yo-yo dieting, followed by binging on the likes of pizza, fries, ice cream and chocolate. Three years ago, that all changed, when I switched to an oil free whole food version of plant-based eating, and steadily lost 60 pounds eating HUGE portions of incredibly delicious food. Every. Single. Day. To be honest, I have always been, and will always be, a massive foodie – but now, I have found a way to make the most incredible meals weight loss friendly and geared towards maximum health!

The secret to my success is amazingly simple – it's all about using the principles of calorie density. This means focusing what I eat on foods that are less than 600 calories per pound. Not that I ever need to count calories these days – because it's enough to know that I can stick to fruits, veggies, starches, and legumes. By eating more calorie dilute foods, there are less calories in every meal and by reducing the calories I'm putting in, my body's natural weight loss mode turns on!

Why This Book?

So, you might be wondering why the heck I have decided to write an Indian cookbook?

While I was born in the UK, India has been and remains a huge part of my life story. It was one of the countries where I spent many of my formative years. As a teen I roamed the busy streets of Delhi where I bought sweet potato chaat and roasted corn from street vendors, and ate rajma, dal, and chana masala daily at home. Good times.

In fact, I wasn't even a year old the first time I went to India. My parents and I spent months travelling from Kerala to the foothills of the Himalayas while I was still learning to walk. So, my very first encounters with food involved Indian cuisine - and its incredible flavours will always be some of my favourites.

When I was 12, we moved to New Delhi, where I went to school until I was 18. During this time, I fell in love with Indian cuisine all over again as I learnt to cook. I remember spending hours in the kitchen creating the most incredible vegan Indian meals with my mum.

At 18, I moved to the UK for university where I met my husband James, and together we explored our love for Indian food, sampling every restaurant we could find in every town we visited, always hunting for that next flavour high.

After graduating, I decided to take a year out to travel and went to work with Dr Nandita Shah, an inspirational doctor, homeopath, teacher, and founder of SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) in Auroville, India. Nandita showed me that Indian cooking can be super healthy, oil free, vegan, and still delicious.

In 2014, I launched an artisanal vegan cheese company back in the UK at the same time as starting a family. During this time, I became increasingly aware that my weight was going up and down, and that I always seemed to be dancing around diet after diet, exploring everything from keto to raw food, carb free to carb full. In the process I tuned to so many authors, speakers, doctors, and chefs that it would be impossible to name them all here... but they included Chef AJ, Dr. John A. McDougall and Dr. Michael Greger.

For personal reasons India sits extremely close to my heart, and it is super veggie friendly, with more than a quarter of its people identifying as vegetarian or vegan. Indian veggie dishes are focused on whole plant foods and are often cheap, easily accessible, and extremely versatile. Indian cuisine relies on the natural and powerful flavour that herbs and spices can offer, which elevate the taste of vegetables, legumes, and starches to the next level.

You may already know that Indian cuisine is one of the best and most flavourful on the planet. But you might also assume that it relies heavily on oil and dairy and is therefore off the menu for anyone trying to lose weight. If you've ever eaten at an Indian restaurant, you'll know the food is often extremely rich and can leave you feeling full and heavy afterwards due to the high fat content. To this day, going out to eat at Indian restaurants here in the UK is almost impossible for me if I want to eat oil free. If I'm lucky, I can call a restaurant in advance and they might be able to cater for me, but most of the time this isn't possible.

So, that is why I decided to make this oil free vegan Indian cookbook. To give those who want to prioritise their health and weight loss a chance to make their own incredibly delicious Indian dishes and wow their family and friends at the same time. Indian food does not have to be something you have on a cheat day - you can enjoy it for breakfast, lunch, and dinner every single day if you want and still be vibrant, healthy, and lean!

Though I now live in the UK, I am so lucky to still have a deep connection to India through my little sister Amaaya, who is half Indian, and my sister-in-law Snigdha (Sniggs) and her family. Sniggs and her sister Nimisha (Nimi) continue to amaze me with their incredible cooking every time we get together.

My brother and Sniggs recently got married and the whole family spent 3 weeks back in India to celebrate. This reignited my passion and love for Indian cuisine more than ever before, and somewhere between the bustling streets of Delhi in the north, the western beaches of Goa and the forests of Tamil Nadu in the far south, the plan for this book was hatched.

I am blessed to have had the collaboration of Sniggs and Nimi on this eBook so that together we can show you our unique spin on authentic Indian flavour in the healthiest way imaginable!

About Sniggs!

I'm Snigdha, but you can call me Sniggs. I'm so excited to join you on this culinary adventure as the co-author of this cookbook, alongside my wonderful sister-in-law, Ami. Born and raised in India, I've made the UK my new home since 2019, bringing with me a suitcase full of spices and numerous kitchen devices my partner Amba assured me I could buy in London (I wasn't taking any chances).

My encounters with Ami's family began in 2013, when I first met Amba, Ami's brother, back in India. We instantly connected over our shared love for Indian cuisine – a love so pure and heartfelt. It wasn't long before I met the entire family, and we all clicked like long-lost friends. I still laugh when I think of Amba stunning my family by gobbling down 20 idlis in one go – a true testament to us being a perfect match!

In Indian culture, food is more than sustenance; it's our love language. Instead of asking "How are you?" we say "Khaana khaya?" – "Have you eaten?" This philosophy of food as an expression of care and love has always resonated with me.

Moving to the UK was a bit of a culinary adventure, trying to recreate the tastes of home. With long-distance cooking lessons from my mother and grandmother, and my sister Nimisha by my side, we finally mastered making grandma-approved homemade Indian food here. When Nimisha, Amba, and I visit Ami, we have these joyous feasts, with 4-5 dishes in enormous quantities – and miraculously, hardly any leftovers!

It's been two years since Amba's mum and Ami inspired me to embrace a whole food, plant-based lifestyle. I'm amazed every day at how we can keep creating dishes that are not only healthy but bursting with flavour. My friends never fail to be surprised by the elaborate, oil-free, veggie-packed meals I whip up!

When Ami put her plans for an Indian cookbook on the table, I jumped at the chance to collaborate. For years we've been cooking up so many delicious recipes, and we just knew we had to share them with the world. This book is a melting pot of our collective love for food, family, and each other. Although Ami is now a seasoned recipe writer, this has been a brand-new adventure for me, and I couldn't have enjoyed it more! Together with the stunning designs by my talented sister Nimisha, we've put our hearts and souls into perfecting our favourite recipes so that you can join the party!

Broccoli Mum's 5 Changes

Here's a recap of the 5 main changes I made to lose 60 pounds, while still being able to eat all my favourite foods...and in large quantities!

CHANGE 1: FOCUS MEALS ON UNPROCESSED WHOLE PLANT FOODS.

Some people think that eating a vegan diet automatically makes you healthy. What people don't often realise is that vegan food can be terrible for your health too, depending on what you eat. Vegan junk food can be addictive, but it is loaded with oil, sugar, fats, salt, artificial ingredients, and is highly processed, meaning it's packed full of calories, lacks nutrients, minerals, fibre, water, and will not keep you satisfied. As a previous mega junk food vegan, I noticed so many incredible changes when I made the switch to unprocessed whole plant foods. Not only did I lose weight effortlessly, but I was able to eat huge portions, I was satisfied all the time, my skin cleared up, and most importantly I experienced a massive increase in energy, regaining my health, positivity, and zest for life.

CHANGE 2: STOP COOKING WITH OIL

Oil is the most calorie-dense food product available today and measures in at a staggering 4000 calories per pound. It's heavily processed, with all fibre and nutrients stripped away, leaving only liquid fat behind. So, when we cut out the oil day after day, we eliminate hundreds if not thousands of unnecessary calories from our meals. Cooking oil free can seem daunting at first, but it's so easy once you know how! In this cookbook we are going to be making all our favourite Indian dishes, but oil free of course. And don't worry, you won't miss out on any of that authentic flavour. We will be showing you how to water sauté, dry fry, and bake without using any oil!

CHANGE 3: START USING THE 50/50 PLATE BUILDING METHOD.

This method means you fill half your place with starches (rice, beans, potatoes, corn etc.) and the other half with non-starchy veggies (cauliflower, carrots, spinach, tomatoes etc.). This will further dilute the calories of your meals as non-starchy veggies are only 100 calories per pound. Eating this way, you will be able to eat large portions, and stay full and satisfied, while never having to count calories. We've included a tonne of incredibly delicious vegetable-based dishes so that you can pick a veggie main, salad, or soup to accompany your starchy main of choice, all the while discovering healthy versions of exciting new recipes from the North of India.

CHANGE 4: PRELOAD BEFORE A MEAL

If you are a volume eater like me and need a lot of food to be satisfied, and if you really want to achieve maximum health and weight loss - preloading is a fantastic option. Preloading just means beginning a meal with eating fruits, veggies, salads, or soups that are nutrient rich, high in fibre and water, which are not very calorie dense, with the aim to fill you up a bit before starting on your main meal.

When you pre-load before a meal, you fill your stomach up with the lowest calorie dense foods. So that when you sit down for your meal you are able eat as much as you need to be satisfied without overeating.

In this collection we have whole sections dedicate to incredible veggie dishes, salads, and soups that can be used as perfect preloading options. Veggies and fruits do not have to be boring - our dishes are packed full of flavour, turning simple whole foods into rockstars!

CHANGE 5: SWITCH YOUR MINDSET

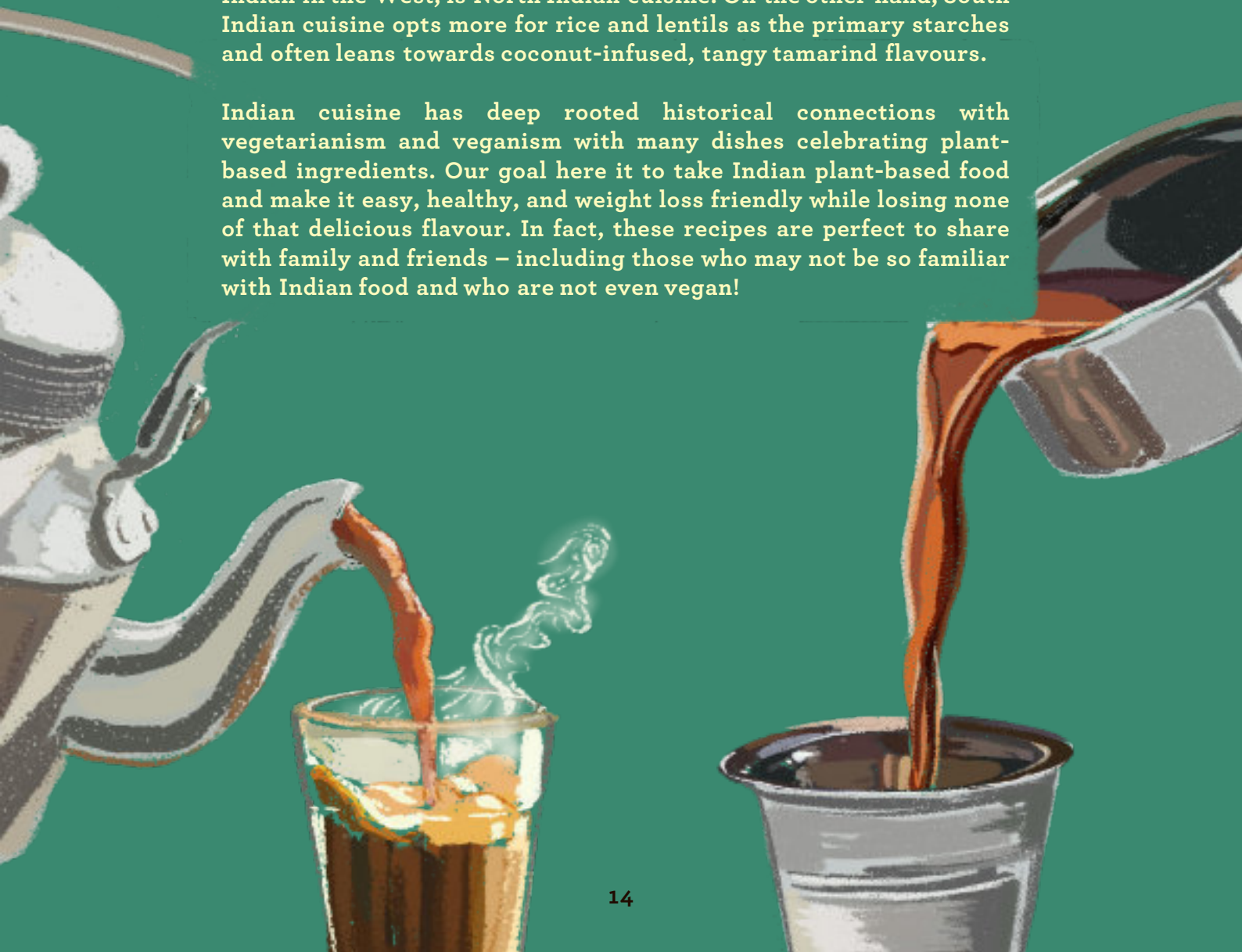
If you have dieted in the past, you may know there are many foods that are considered low in calories but are ultra-processed, and without the nutrients we need to feel our best. A focus on weight loss can also leave us constantly trying to restrict our food portions – sometimes even putting us at risk of severely under-eating. What worked for me was switching my mindset from losing weight to regaining my health. And the best part is that the foods that are great for our health, also happen to be the foods will get you lean and keep you satisfied in the process. It's a win-win!

North vs South Indian

The good news is that this amazing cookbook is only the first half of our Indian cookbook series – yes there's more to come. This is because India is such a vast and diverse country, with a tremendous range of distinct cultures and cuisines. For us, there is a clear divide between North and South Indian cooking in terms of the ingredients used, flavour palette, spices, and way of eating. We wanted to do them both justice and we didn't want to miss out any of our favourites. So, this is the first half which will bring to life North Indian cooking in a vegan, oil free and whole foods fashion.

North Indian cuisine is traditionally centred around wheat flour breads, hearty curries, and a symphony of spices such as cumin, turmeric, and garam masala. Much of what we eat and think of as Indian in the West, is North Indian cuisine. On the other hand, South Indian cuisine opts more for rice and lentils as the primary starches and often leans towards coconut-infused, tangy tamarind flavours.

Indian cuisine has deep rooted historical connections with vegetarianism and veganism with many dishes celebrating plant-based ingredients. Our goal here it to take Indian plant-based food and make it easy, healthy, and weight loss friendly while losing none of that delicious flavour. In fact, these recipes are perfect to share with family and friends – including those who may not be so familiar with Indian food and who are not even vegan!



The Pantry

Cashew
Almond
Pistachio
Peanut
Imli
Garam Masala
kasturi Methi
Mustard Seeds
Cumin Seeds
Dhaniya Powder
Haldi
Chilli Powder
Ground Cumin
Oats
Millet
Rice
Rajma
Chana
Urad dal
Yellow Dal
Mung Beans
Chilli
Garlic
Air Fryer
Curry Leaves
Mixer
Coriander
Onion
Mangoes
Potatoes
Oranges
Tomatoes
Lemons

The Pantry

Mint
Kali Mirch
Hing
Dhaniya Seeds
Lal Mirch
Elaichi
Rai
Laung
Dalchini
Tej Patta
Kadi Patta
Chakra Phool
Kesar
Dates
Corn
Egg plant
Carrots
Cabbage
Broccoli
Cauliflower
Lady finger
Beetroot
Capsicum
Sweet Potato
Tofu
Mint
Date syrup
Mushrooms
Yogurt
Green Beans
Spinach
Lettuce
Green peas
Oat Milk
Radish
Courgette
Cucumber
Pumpkin

The Pantry!

SPECIAL INGREDIENTS:

There are many daunting Indian cookbooks out there with what can seem like a lengthy list of strange ingredients, leading to a sense of being overwhelmed and out of our comfort zone. This is why our focus here is to simplify as much as possible by focusing on the essential spices that can still deliver that full Indian flavour. For some of you this may be the first time you have had to shop for new spices...in which case enjoy the adventure!

ESSENTIAL SPICES/INGREDIENTS:

Turmeric (Haldi): A vibrant yellow-orange spice, turmeric is known for its slightly bitter, warm taste. Often used to colour and flavour curries, it has a subtle earthy aroma and is a staple in Indian cuisine.

Cumin (Jeera): Small brown seeds with a distinct warm and earthy aroma. They are used as a tempering agent and have a nutty, slightly spicy flavour. Ground cumin has a slightly bitter, more concentrated flavour and the flavour can blend more easily into dishes.

Coriander (Dhaniya): Available as seeds or ground into a powder. They impart a mild, citrusy flavour to dishes.

Mustard Seeds (Rai): Tiny round seeds, typically black or yellow, with a pungent aroma. They pop and splutter when heated, releasing a nutty flavour.

Cardamom (Elaichi): Green or black pods enclosing tiny seeds. They have a sweet, eucalyptus aroma and used in both savoury and sweet dishes. In powder form, cardamom is more intense and blends into dishes more easily.

Clove (Laung): Dried flower buds with a strong, sweet, and pungent flavour. Used sparingly due to their intense aroma.

Cinnamon (Dalchini): A fragrant bark with a sweet-spicy taste, often used in biryanis and curries.

Fennel Seeds (Saunf): Light green seeds with a sweet liquorice-like taste, often chewed as a mouth freshener post meal.

Asafoetida (Hing): A resin extracted from the roots of the Ferula plant. It has a strong sulfuric odour but imparts a smooth, onion-like flavour to dishes when cooked. Asafoetida does contain gluten, so please omit to make gluten-free.

Dry Mango Powder (Amchoor): Made from dried unripe green mangoes, it offers a tangy, citrusy flavour and is used to add sourness to dishes.

Black Salt (Kala Namak): A distinctive volcanic rock salt with a pungent smell reminiscent of sulphur. This dark, reddish-black salt turns a light pink colour when ground. It adds a unique umami taste to Indian snacks and chaats.

Fenugreek Seeds (Methi Dana): These small, yellowish-brown seeds have a slightly sweet, nutty taste with a hint of bitterness. Fenugreek leaves, both fresh and dried, offer a more herbaceous flavour, adding depth to dishes.

Carom Seeds (Ajwain): Small, oval-shaped seeds with a sharp, pungent flavour like thyme. They are often used to enhance the flavour of breads like parathas and to aid digestion.

Star Anise (Chakra Phool): Star-shaped pods with a strong, sweet-liquorice flavour. Used whole or ground, star anise is a key ingredient in garam masala and adds depth to sweet and savoury dishes.

Tamarind (Imli): A sticky, sour fruit used extensively in Indian cooking. Tamarind paste or pulp adds a distinct tartness, balancing the flavours in curries, chutneys, and sauces.

Red Chilli Powder (Lal Mirch): Made from ground dried red chilies, this spice ranges from mildly hot to very spicy. It adds a fiery heat and vibrant red colour to dishes.

Bay Leaf (Tej Patta): An aromatic leaf from the laurel tree, used whole in slow-cooked dishes. It imparts a subtle, herbal flavour that complements a variety of ingredients.

Garam Masala: A blend of ground spices like cloves, cinnamon, cumin, and cardamom. It adds warmth and depth to dishes, with a complex aroma and a mix of sweet and spicy notes. Garam Masala translates to "hot spice mix" and is used mainly in North Indian cooking.

Black Pepper (Kali Mirch): Small, round, and pungent black seeds, ground into a fine powder or used whole. Black pepper adds a sharp, mildly spicy flavour to dishes.

Chaat Masala: Chaat Masala is a spice powder made with ingredients like dried mango powder, dried pomegranate seeds, and black salt. With a sour tangy flavour, it is often used in Indian snack dishes.

Curry Leaves (Kadi Patta): Small, glossy green leaves with a unique, slightly citrusy and nutty aroma. Often used as a tempering agent, they add a fresh flavour to South Indian dishes.

Nutmeg (Jaiphal): The seed of the nutmeg tree, used grated or ground. It has a warm, nutty flavour with sweet undertones, perfect for adding depth to both sweet and savoury dishes. Nutmeg is often used in spice blends and baking.

Saffron (Kesar): The world's most expensive spice, saffron threads are known for their distinctive golden colour and a sweet, floral aroma. Used sparingly, it imparts a luxurious flavour and hue to dishes.

LEGUMES

Black Eyed Peas (Lobia or Rongi): Known for their distinctive black spot, these medium-sized beans are a variety of cowpea. They have a creamy texture and a subtle, earthy flavour. Widely used in Indian cuisine, black-eyed peas are a nutritious addition to salads, curries, and stews.

Chickpeas (Chana): These round, beige legumes are a staple in Indian cooking. The white variety is commonly used, offering a firm texture and nutty flavour. The smaller, brown chickpeas are nuttier and can be used interchangeably. Chickpeas are versatile, perfect for curries, snacks, and salads.

Kidney Beans (Rajma): These beans are renowned for their deep red hue and robust flavour. A global favourite, kidney beans are essential in North Indian cuisine, particularly in hearty curries and as a protein-rich addition to rice dishes.

Black Lentils (Urad Dal): These small, black legumes resemble green mung beans and are available whole or split. Urad dal, made from split lentils, is distinct from beluga lentils and is a key ingredient in traditional Indian dishes, lending a rich flavour and creamy texture.

Brown Lentils (Sabut Masoor Dal): Ranging from light to dark brown, these small lentils are a common variety. They offer a mild, earthy flavour and are a common ingredient in Indian cooking, used in everything from dals to soups.

Yellow Split Lentils (Moong Dal): Made from split and skinned green mung beans, these small, pale-yellow lentils are a staple in Indian cuisine. Known for their versatility, they are used in a range of dishes from savoury dals to sweet puddings.

Red Split Lentils (Masoor Dal): These lentils are a global staple, made from skinned and split brown lentils. Their vibrant orange or pink hue brightens dishes, and they're often used in Indian cooking for their soft texture and quick cooking time.

Mung Beans (Green Gram, Hare Moong): You will see these small, green beans used in both savoury and sweet dishes. In Indian cuisine, they are used whole or split, and are known for their nutritious content and mild flavour.

Yellow Split Peas: These dried, peeled, and split seeds are a cornerstone of Indian cuisine. With a mild, earthy flavour and slightly grainy texture, yellow split peas are commonly used in dals and soups, providing a comforting and nutritious meal.

GRAINS AND FLOURS

Basmati Rice, White or Brown: This aromatic long-grain rice, native to the Indian subcontinent, is celebrated for its unique floral aroma and lightly nutty flavour. Basmati rice, available in both white and brown varieties, is ideal as a side dish, particularly with curries, as it beautifully absorbs their rich flavours.

Chickpea Flour (Gram, Besan Flour): Coming from ground up dried chickpeas, gram/besan flour is gluten-free and integral to Indian cuisine. With its slightly nutty flavour and dense texture, chickpea flour is versatile, used in a variety of dishes such as pakoras, bhajis, dosas, and cheelas.

Coconut, Dried: Often referred to as kopra, dried coconut is a dehydrated form of coconut, presenting a white to off-white hue and a subtly sweet, nutty flavour. It's a common ingredient in Indian dishes, including curries, chutneys, and sweets, enhancing them with its rich texture and aroma.

Oats: In this cookbook, oats and oat flour are creatively used to add a unique twist to Indian classics. Oats bring a wholesome, nutritious element to dishes, expanding the scope of traditional Indian cooking.

Millet: This ancient, gluten-free grain is valued worldwide for its nutritional benefits. In our recipes, millet can be used as an alternative to rice, bringing its nutty flavour and healthful qualities to a variety of dishes.

Wholewheat Flour (Atta): A fundamental ingredient in Indian cuisine, wholewheat flour, or atta, is used for making a range of flatbreads. Its rich, nutty flavour and high nutritional value make it a staple in Indian cooking.

Psyllium Husks (Isabgol): Psyllium husks are a form of fibre that is commonly used a gluten-free binding agent in Indian baking, particularly when making flatbreads. The husks absorb liquid during baking adding a gluten like texture to breads.

FRESH INGREDIENTS

Fresh Coriander (cilantro): A quintessential herb in Indian cuisine, fresh coriander imparts a vibrant green hue and a fresh, citrusy flavour to dishes. While the leaves are often used as a garnish, the stems can be incorporated during cooking for added depth of flavour.

Coconut, Fresh: Fresh coconut is a staple in Indian kitchens, frequently used to add richness to sauces and curries. Available as shredded coconut in the frozen section of Indian stores, or you can grate mature coconut. Dried shredded coconut is a suitable substitute.

Garlic: A cornerstone of savoury Indian cooking, garlic cloves are typically sautéed with onions and ginger at the outset of recipes. If using smaller cloves, you may double up as needed for robust flavour. For easy peeling, cut off the root end of the garlic bulb, pop the bulb into the microwave for 15 seconds then simply take out and squeeze the cloves out of their skin.

Ginger: Indispensable in Indian cuisine, ginger adds a warm, spicy kick to curries. Recipes generally call for a 1-inch piece, roughly a tbsp when chopped. The peel can be included or removed based on preference.

Green Chilli (Hari Mirch): Fresh, small green peppers that vary in heat. They add a crisp, sharp spiciness to dishes and are often used chopped or sliced.

Medjool Dates: Sweet and versatile, dates are used in North Indian cuisine as natural sweeteners in desserts like halwas, ladoos, and as a rich addition to chutneys. Medjool dates are larger and sweeter than regular dates, ideal for special North Indian desserts and snacks, adding a luxurious sweetness and texture to dishes like kheer.

Mint: Fresh mint is widely used in Indian cuisine, particularly in chutneys and as a refreshing garnish in salads.

Onions: Fundamental to Indian cooking, onions form the base for numerous curries. They vary in use from minimal to substantial quantities. Firm white onions are typically preferred for their balance of sweetness and pungency.

Tofu: An excellent vegan alternative to paneer cheese in many Indian dishes. Tempeh can also be used as a substitute, offering a different texture and nutritional profile.

Tomatoes: Integral to creating the masala base sauce, tomatoes contribute tanginess and a hint of sweetness. Fresh, firm, not overly sweet tomatoes are ideal, though tinned chopped/crushed tomatoes can be used in a pinch, albeit with a different flavour profile.

Yoghurt (Dahi): A staple in North Indian cuisine, yoghurt, known as dahi, is celebrated for its creamy texture and slightly sour taste. It's used in marinades, as a base for raitas, in curries for a creamy consistency, and even in desserts. Can be made plant-based with almond, coconut, oat, or by using our *soya-based recipe.*

EQUIPMENT NEEDED

Blender: Blenders are commonly used in this book. We recommend using a high-powered blender, like a Vitamix, to achieve the smooth consistency often required in Indian cooking. But any blender should do the job!

Food Processor: Another great kitchen tool to help combine, shred or grate ingredients. We have used food processors to make our koftas and some desserts. We recommend the Cuisinart. If you do not have a food processor, you can always mash by hand, but it may be more time consuming.

Non-Stick Pan: We recommend using high quality non-stick pans when making flatbreads, wraps and crisping up tofu to avoid it sticking. A non-stick pan can also help when cooking without oil, as it stops ingredients sticking to the bottom of the pan, whilst still enabling you to achieve nice caramelisation.

Instant Pot: This is a staple in our kitchens, one which we use almost every day. Though you don't need this specific brand, we've found the Instant Pot to be one of the better options due to its versatility outside of pressure cooking. Use it as a rice cooker, slow cooker, pressure cooker, yoghurt maker, take your pick. This is a nice to have option and isn't required for any recipe in this cookbook.

TECHNIQUES TO COOK INDIAN FOOD WITHOUT OIL:

Water Sautéing:

- What is it: Using water or broth in place of oil to sauté or cook vegetables.
- How to do it: Start with a hot pan, add a small amount of water or broth, then add your veggies, stir regularly, and add more liquid as needed to prevent sticking.

Baking & Roasting:

- What is it: Cooking in an oven, allowing food to develop flavours without direct exposure to a heat source.
- How to do it: Use parchment paper or silicone mats to prevent sticking. Perfect for making oil-free samosas, baked pakoras, or onion bhaji.

Oil-free Masala Bases:

- What is it: Creating a flavourful base for curries without using oil.
- How to do it: Start by water sautéing onions until translucent. Add chopped ginger and garlic, followed by tomatoes. Cook until the tomatoes break down and the mixture thickens, adding liquid if needed to prevent sticking. Once the masala base is thick and well cooked, this is the best time to add in spices to a dish. Doing this on low heat will get the best results.

Dry Tempering (Tadka):

- What is it: Releasing the aromatic compounds of whole spices by heating them on a dry, hot pan.
- How to do it: Place the pan over medium heat, add whole spices like mustard seeds, cumin, or others. Wait for them to become aromatic or pop, which is a signal they've released their flavours. Be vigilant, as they can burn swiftly. Once done, sprinkle them over dishes like dal or curries to amplify their taste.

Vegetable Roasting on an Open Flame:

- What is it: A rustic technique to infuse a smoky flavour into vegetables, like aubergine, by roasting it directly on an open flame.
- How to do it: Place vegetable on an open flame (gas stove or grill). Turn with tongs for even roasting. Skin will blacken; inner flesh becomes soft.

Soaking Nuts and Seeds:

- What is it: Placing nuts or seeds in hot water to soften.
- How to do it: Easier blending for smooth pastes or creams.

Chutneys and Dips!

The Indian flavour packed condiment, and in our opinion, one of the most exciting parts of any meal. They can take a simple *Aloo Tikki* **and turn it into a flavour bomb that will wow any guests. They are packed with flavour and are meant to accompany meals. Just a couple of spoonfuls of** *Tamarind Chutney* **can add a sweet and sour touch to your kebabs or sabzi (veggies).**

Chutneys are usually made with oil; however, we have made these completely oil-free, yet still packed with flavour and doing the job they are supposed to.

Homemade Vegan Yoghurt (Dahi)

Homemade Vegan Yoghurt (Dahi)

Yoghurt is commonly used in Indian cooking. It adds a creamy, light texture to dishes, without weighing them down, and it also helps cool down the heat from a spicy curry. Although you can find plant-based yoghurts, most of them are full of sugar, thickeners and other weird ingredients. So, why not try making your own healthy two ingredient, whole foods version which will also save you money and will taste that much better.

INGREDIENTS

- 1 litre of plain soya milk – it should only contain soya beans and water
- 2 tbsp unsweetened plant-based yoghurt or powder from 4 probiotic capsules

INSTANT POT VERSION

STEP - 1

- Mix your yoghurt or probiotic capsules into the soya milk in a sterilised container that fits in your Instant Pot. We use a glass jug or a glass container.
- Put the container into your Instant Pot and put the Instant Pot on Yoghurt mode for 10-12 hours, depending on how tart you like it.

STEP - 2

- Make sure the Instant Pot valve is turned to vent to allow humidity to escape. After 10-12 hours, open the Instant Pot lid and use a spoon to drain off any excess water.
- Let it cool fully and add to a clean container. Store the container in the fridge and make sure you keep 2 tbsp leftover to make more when you run out.

WITHOUT INSTANT POT

STEP - 1

- Warm the soya milk in a saucepan on medium low. The soya milk needs to get to 40°C (105°F) without burning. Heat it slowly and whisk occasionally to keep it from getting too hot.
- When the soya milk is at 40°C (105°F), stir in 2 tbsp of yoghurt or the probiotic powder making sure it is well mixed.

STEP - 2

- Pour into containers and keep the yoghurt warm until it is set (between 4-12 hours) by keeping it next to your boiler or wrapped in a blanket/jumper.
- The soya yoghurt is done when it has thickened slightly. Perfect for sweet or savoury dishes!
- Store the container in the fridge and make sure you keep 2 tbsp leftover to make more when you run out.

Raitha

Raitha

No Indian meal is complete without Raitha. This yoghurt-based cooling condiment helps overcome the heat from spicy curries, which some people certainly need! The yoghurt is lightly spiced with cumin, chaat masala, and packed full of fresh herbs! We like to make a big batch and use it all week long.

INGREDIENTS

250g unsweetened plant-based yoghurt

¼ cucumber, grated

Juice of ½ a lime

1-inch piece of ginger, minced

Salt to taste

3 tbsp finely diced onion

1/4 cup fresh coriander, chopped

1 tbsp fresh mint leaves, chopped

½ tsp ground cumin

Add all the ingredients to a bowl and give it a good mix, and you're good to go!

Best served chilled!

Mango Chutney

Mango Chutney

The highlight of the Indian summer is mango season! We both have such fond memories of feasting on boxes and boxes of the ripest mangoes. This Mango Chutney is a love affair between Indian cuisine and this fantastic fruit. Sweet, tangy, and a little spicy, this chutney captures the essence of an Indian summer. We like to add an enormous little dollop with our Indian feasts and it adds the perfect element of sweetness!

INGREDIENTS

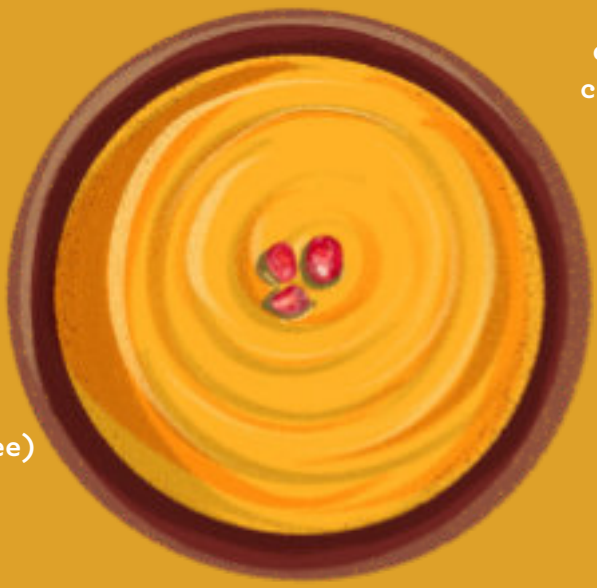
3 ripe mangoes, peeled and diced

1 tsp cumin seeds

1-inch piece of ginger, grated

A pinch of asafoetida (omit for gluten-free)

4 tbsp water



1-2 red chillies, deseeded & finely chopped (optional)

1 tsp mustard seeds

½ tsp turmeric

3-4 medjool dates, pitted and finely chopped

Salt to taste

STEP - 1

Heat a non-stick saucepan over medium heat. Add the cumin seeds and mustard seeds and allow them to sizzle until they release their aroma and start to pop.

STEP - 2

Stir in the ginger and dry fry for a few seconds, taking care not to let it burn.
Add the mangoes to the pan, followed by the optional red chillies if you're using them. Mix well.

STEP - 3

Stir in the dates, turmeric, water, and asafoetida. Combine all the ingredients thoroughly. Reduce the heat and let the mixture simmer for about 20-30 minutes, stirring occasionally.

STEP - 3

Once the mangoes have become soft and the chutney starts thickening, let it reach your desired consistency and then remove it from heat and allow it to cool. Store in a jar and then refrigerate for up to 2 weeks!

Garlic & Chilli Chutney

Garlic & Chilli Chutney

Garlic and chilli - a match quite popular around the world! This chutney is for those who like to walk on the wild side. It's a bold, fiery chutney that can spice up even the simplest of dishes. Whether you're looking to add some zing to your meals or simply enjoy the thrill of the heat, this will do the job. Remember, a little goes a long way!

INGREDIENTS

Salt to taste

A pinch of asafoetida (omit to make gluten-free)

4-5 red chillies, deseeded (adjust to taste)

Juice of ½ a lemon

10-12 cloves of garlic, peeled

1 tsp cumin seeds

1 medjool date, pitted

Water for blending

STEP - 1

In a dry pan over medium heat, toast the cumin seeds until they release their aroma. Remove from heat and set aside.

STEP - 2

In a blender, add the garlic, date, lemon juice, red chillies, toasted cumin seeds, asafoetida, and salt.

STEP - 3

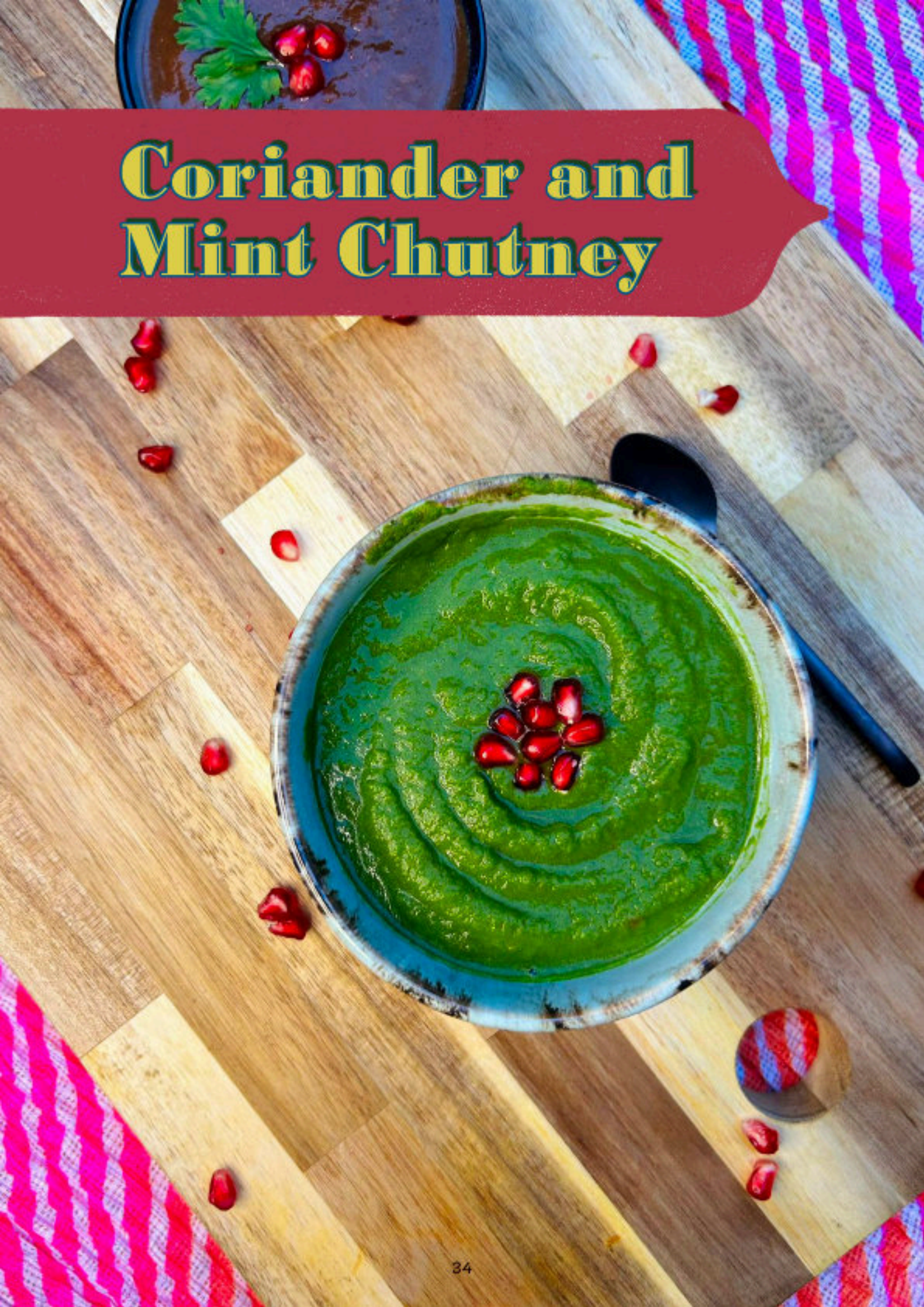
If the mixture is too thick, you can add a little water to help with the blending process. Blend until you achieve a smooth or slightly chunky texture, depending on your preference.

STEP - 4

Transfer the chutney to a sterilized jar and seal it tightly. Store in the fridge for up to a week. Due to its high spice content, it's best to use it sparingly and within the storage period for optimal flavour.

Use it as a spicy dip for snacks, a robust spread for sandwiches, or even as a marinade for grilling.

Coriander and Mint Chutney



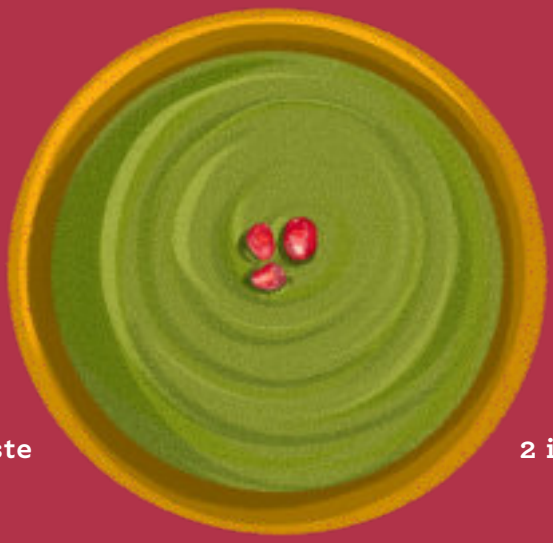
Coriander and Mint Chutney

Coriander and Mint Chutney is one of the most popular chutneys in India and used alongside many Indian dishes. This oil-free version retains the classic vibrant green colour and zesty, herby taste. It's perfect for dipping, drizzling on top of our *Quick Bites*. For those who enjoy a creamier texture, a yoghurt variation is also provided.

INGREDIENTS

2 cups fresh coriander leaves

1 cup fresh mint leaves



1-2 green chillies, deseeded

Juice of 1 lemon

1 small onion, roughly chopped

1 clove of garlic, peeled

Salt to taste

2 ice cubes

Add all the ingredients and a splash of water to a blender and grind it to a smooth paste.

Taste and adjust the seasoning, adding more salt or lemon juice as needed. Add more water if required. Transfer the chutney to an airtight container and store it in the refrigerator for up to a week

YOGHURT VERSION (HARI CHUTNEY)

For a creamier, yogurt-based version, simply mix ½ cup of *unsweetened plant-based yogurt* into the chutney after blending. Stir well to combine and adjust the seasoning as needed.

Tamarind Chutney

Tamarind Chutney

This sweet and tangy chutney is mostly served as a dipping sauce for appetisers such as samosa and pakora and on our favourite *Papdi Chaat*. This recipe is naturally sweetened and made using whole foods!

INGREDIENTS

A pinch of asafoetida (omit to make gluten free)

1/2 tsp ground cumin

1 cup tamarind, soaked in water

1 cup dates, pitted and soaked in water

1/4 tsp red chilli powder

Salt to taste

Water for consistency

STEP - 1

In a non-stick saucepan, add the soaked tamarind and dates along with enough water to cover them. Boil them on medium heat until they become soft and mushy.

STEP - 2

Remove from heat and mash the tamarind and dates into a pulp using a spoon or a masher. Pass the mashed pulp through a sieve to get a smooth paste, discarding any fibrous material. Collect the smooth paste in a bowl.

STEP - 3

Return the tamarind-date paste to a saucepan. Add the ground cumin, red chilli powder, asafoetida, and salt. Mix well and cook the mixture over medium heat, stirring occasionally to prevent it from sticking to the bottom of the pan.

STEP - 4

Add water as needed to adjust the consistency to your liking. Cook for about 10-15 minutes until the chutney thickens.
Remove from heat and allow it to cool before transferring it to a sterilized jar.
Store in the refrigerator for up to two weeks.

Tomato Chutney

Tomato Chutney

Tomato Chutney is a simple and effortless way to add flavour and extra veggies into your meal. Its vibrant colour and tangy-sweet flavour make it a versatile chutney to spice up a simple meal. This version, enriched with onions and garlic, adds layers of flavours that make it irresistibly delicious, especially when paired with some of our *Quick Bites*.

INGREDIENTS

4 large tomatoes, finely chopped

1 medium onion, finely chopped

3-4 cloves of garlic, minced

1-2 green chillies, finely chopped

1/2 tsp ground cumin

1/4 tsp red chilli powder

A pinch of asafoetida (omit to make gluten-free)

Salt to taste

STEP - 1

In a saucepan, add the tomatoes, onions, garlic, green chillies, ground cumin, optional red chilli powder, asafoetida, and salt. Mix well and cook the mixture over medium heat, stirring occasionally to prevent sticking.

STEP - 2

As the tomatoes and onions soften and release their juices, you can add water to adjust the consistency to your liking.

STEP - 3

Cook for about 15-20 minutes until the chutney thickens and the tomatoes and onions are fully cooked.
Remove from the heat and allow it to cool before transferring it to a sterilised jar.

STEP - 4

Store in the refrigerator for up to one week.

Enjoy it with dosas, idlis, parathas, and even as a spread for sandwiches or wraps.

Quick Bites

In our eyes, no Indian meal is complete without an initial round of some incredibly delicious and healthy appetisers, with some of our *Chutneys and Dips* **to dunk them into. Our healthy quick bites are perfect to be served before a meal and can also be enjoyed as a small snack or light lunch.**

A lot of these flavourful quick bites are popular street foods served road side by vendors. Growing up, these were our snacks whilst wandering the streets of Delhi – from *Roasted Corn* **to** *Sweet Potato Chaat*. **They are usually starch based so will keep you full and satisfied. A major shoutout to a lot of Indian snacks for being naturally vegetarian or vegan!**

Tofu Tikka

Tofu Tikka

In Indian cuisine, a “tikka” is essentially a patty that’s usually made from boiled potatoes, lentils, or meat. Tikkas are often enjoyed as a snack or as a side dish. Growing up in India, tikkas were a staple in our household - crispy on the outside, soft on the inside, and bursting with flavours. We've given this snack a plant-based twist using tofu. Marinated in plant-based yoghurt infused with Indian spices, these Tofu Tikkas are a perfect blend of health and taste. Enjoy!

INGREDIENTS

- 1 block firm tofu, chopped into cubes
- 1 cup unsweetened plant-based yoghurt (or use *Homemade Vegan Yoghurt*)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp red chilli powder
- Salt to taste
- Black pepper to taste

STEP - 1

In a mixing bowl, combine the yoghurt with cumin, coriander, turmeric, red chilli powder, salt, and black pepper. Mix well to form a smooth marinade.

STEP - 2

Add the chopped tofu to the marinade, ensuring each piece is well coated. Let it sit for at least 30 minutes to absorb the flavours.

STEP - 3

Heat a non-stick pan over medium heat. Once hot, carefully place the marinated tofu cubes in the pan.

STEP - 4

Cook on all sides until they turn a golden-brown colour. You can add a splash of water if they start to stick.

Serve hot as a side dish with rice and dal or use them in our Indian style Wraps.

Sweet potato chaat

Sweet Potato Chaat

A chaat is a sweet savoury snack that is often sold roadside from stalls or food carts in India. Potatoes are one of the foods lowest in calorie density and are great for healthy weight loss. This is a fantastic way to add them into your diet. You can dress it up with pomegranates and chutney or serve it simple with some fresh coriander.

INGREDIENTS

- 2 large sweet potatoes
- 1 tsp chaat masala
- 1 pinch of black salt
- A squeeze of lemon
- A sprinkle of fresh coriander

STEP - 1

Steam your sweet potatoes whole for 25-30mins or until tender.

STEP - 2

Remove the skin and slice into chunks approx. 1 inch.

STEP - 3

Sprinkle with chaat masala, black salt, lemon juice and fresh coriander.

Serve with our Tamarind Chutney or Coriander and Mint Chutney and some fresh pomegranate

Aloo Tikki

(Potato fritters)

Aloo Tikki
(Potato fritters)

"Aloo" means potato in Hindi. Aloo Tikki has always been a family favourite, a comfort food that brings back fond memories of gatherings and celebrations. To lower the calorie density, we have packed these fritters with non-starchy veggies making them not just delicious, but also nutritious.

INGREDIENTS

- 2 large boiled potatoes, mashed
- 1-2 green chillies, deseeded and finely chopped
- 1 small onion, finely diced
- 1-inch piece of ginger, minced
- ½ cup finely chopped coriander leaves
- ¼ cup grated carrots
- ¼ cup grated courgette
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp red chilli powder
- 2 pinches of black salt
- Salt to taste

STEP - 1

In a large mixing bowl, combine the mashed potatoes, green chillies, onions, ginger, and coriander leaves.

STEP - 2

Add the carrots and courgette to the mixture, then sprinkle in the cumin, coriander, red chilli powder, black salt and salt. Mix until well-incorporated.

STEP - 3

Shape the mixture into small, flat patties.

METHOD 1 - THE OVEN

- Preheat the oven to 190°C (350°F).
- Place the patties in a single layer on some parchment paper and bake for 12-15 minutes, flipping halfway through, until the tikkis are golden-brown.

METHOD 2 - PAN FRY

- Heat a non-stick pan over medium heat.
- Place the patties on the pan and cook until each side turns a golden-brown colour.

Serve hot with some Raitha or Coriander and Mint Chutney!

Onion Bhaji

Onion Bhaji

A bhaji is a type of fritter that is usually made with hot spicy vegetables and is commonly deep fried. The onion bhaji is an extremely popular snack food in India which is often eaten with a cup of tea. It is also commonly enjoyed in the UK as a starter. Our version is packed full of flavour and is one of our family favourites.

INGREDIENTS

- 2-3 medium sized onions, sliced
- ½ tsp red chilli powder
- ½ tsp crushed carom seeds (ajwain)
- A small handful of fresh coriander, chopped
- 1 tbsp ground coriander
- 1 cup chickpea flour (besan)
- ¼ cup water, as required
- ¼ tsp baking soda
- 1 tsp dry mango powder (amchoor)
- ½ tsp salt

STEP - 1

Preheat an oven to 190°C (375°F).

STEP - 2

In a large bowl, combine all the ingredients for the bhajis and mix well.

STEP - 3

Shape the batter into small balls and place them on a parchment-lined baking sheet and bake for 20-25 min until golden brown.

Serve with some Raitha or Coriander and Mint Chutney!

Tandoori Cauliflower

Tandoori Cauliflower

Tandoori cauliflower is an incredible way to jazz up an often-underrated vegetable. It is more than just roasted cauliflower - the flavours all come down to marinating the cauliflower in a delicious homemade tandoori marinade. Enjoy as a quick bite or as a side with naan, rice and a hot *Rajma Masala*.

INGREDIENTS

- **1 head of cauliflower**

For The Tandoori Paste:

- **¾ cups** *unsweetened plant-based yoghurt*
- **4 cloves of garlic, minced**
- **1 inch piece of ginger, minced**
- **1 tsp ground cumin**
- **1 tbsp ground coriander**
- **1 tsp garam masala**
- **¼ tsp turmeric**
- **1 tbsp lemon juice**
- **½ tsp black salt or salt**

To Serve:

- **Fresh coriander, roughly chopped**
- **Squeeze of lemon**
- *Coriander and Mint Chutney*

STEP - 1

Preheat your oven to 180°C (350°F).

STEP - 2

Mix all your tandoori paste ingredients together.

STEP - 3

Cut the cauliflower into bite sized florets, add to a bowl and mix in the tandoori paste. Let it marinate for 5-10 minutes.

STEP - 4

Line a baking sheet with parchment paper and spread your cauliflower out and bake in the oven for 40mins, tossing halfway through, until brown and crispy.

Serve with our Coriander and Mint Chutney for a stunning combo!

Broccoli Pakora

Broccoli Pakora

We had to do our own twist of a classic pakora with our favourite vegetable of all time! This dish takes broccoli to the next level and is easy to throw together. This dish is high in protein, packed with fibre, full of flavour, and it is the perfect snack or side dish.

INGREDIENTS

- 1 head of broccoli
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp turmeric
- ½ tsp salt
- 2 cloves of garlic, minced
- 4 tbsp chickpea flour
- 4 tbsp water

STEP - 1

Preheat your oven to 180°C (350°F).

STEP - 2

Boil your broccoli until half cooked. You do not want mushy broccoli.

STEP - 3

In a bowl mix the chickpea flour, cumin, coriander, turmeric, salt, and garlic. Add 4 tbsp water and mix into a smooth batter.

STEP - 4

Add in your par-boiled broccoli. Mix well until your broccoli is fully coated.

STEP - 5

Line a baking sheet with parchment paper and spread your broccoli out and bake in the oven for 25-30 minutes, flipping halfway through or until golden brown.

Serve with a flavourful Tamarind Chutney for a stunning combo!

Rice Pakora

Rice Pakora

As someone who always has leftover rice in the fridge, this is another twist on the classic pakora which is fantastic for making sure no grain is wasted while giving it a new lease of life. You can also use other grains, like millet or quinoa, to make this crispy treat.

INGREDIENTS

- 1 cup cooked rice, any variety
- 1 green chilli, deseeded and finely diced
- 1 medium onion, finely diced
- 1 inch thumb ginger, minced
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 tsp salt
- ¼ cup fresh coriander leaves, finely chopped
- ¼ tsp turmeric
- Pinch of asafoetida (omit to make gluten-free)
- 5 tbsp chickpea flour (besan)
- 3-5 tbsp water (as required)

STEP - 1

Preheat your oven to 180°C (350°F).

STEP - 2

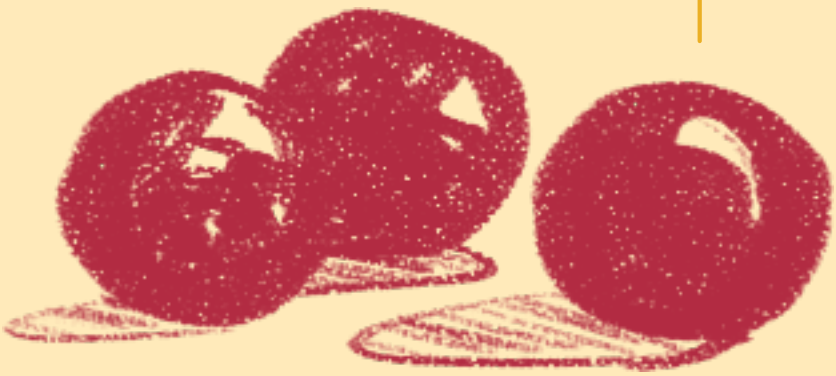
Add the cooked rice to a bowl and mash with your hands to make it nice and sticky.

STEP - 3

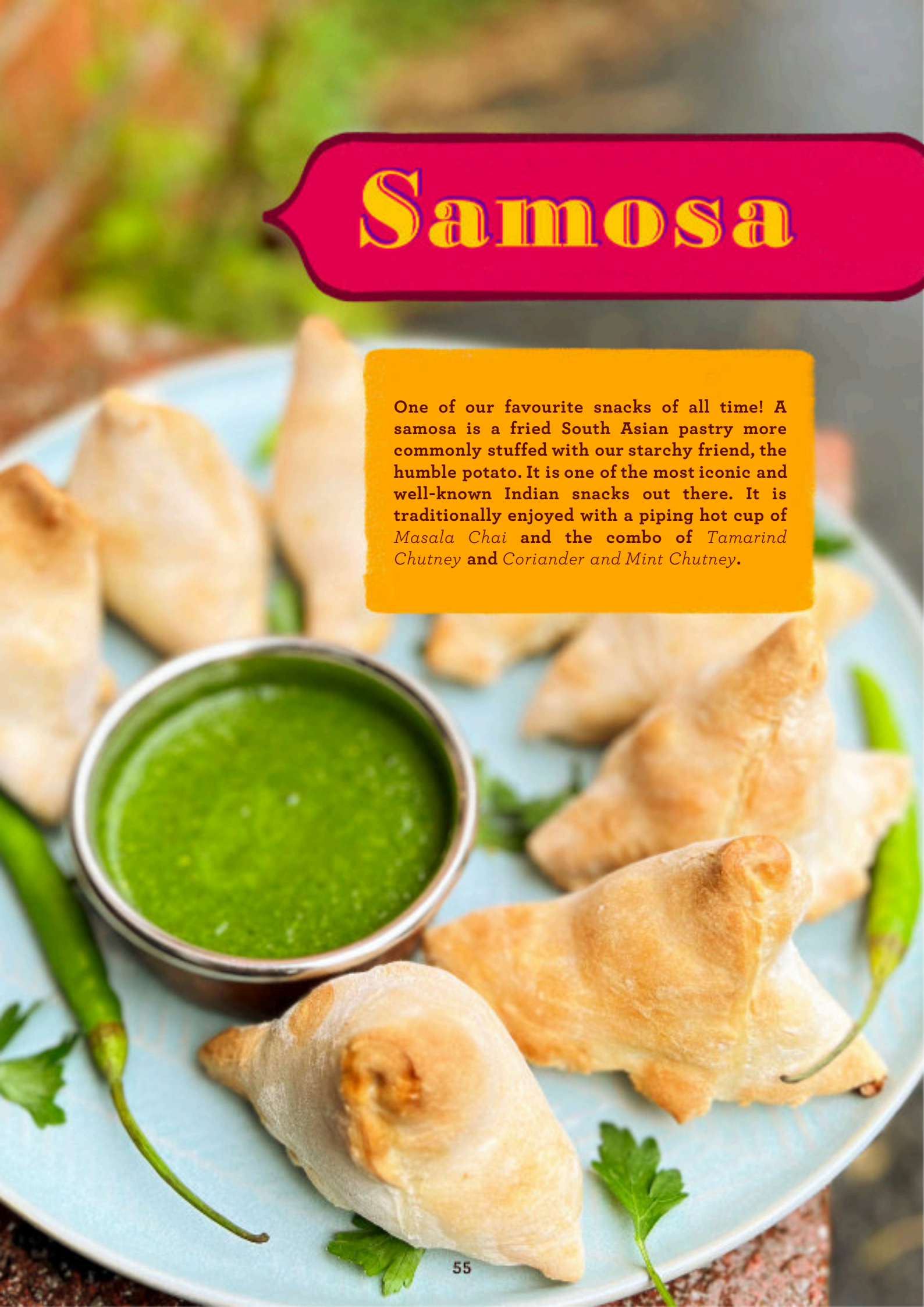
Add the remaining ingredients to the rice and mix thoroughly, you can add a bit of water if required. Set aside for 10 minutes to let the onion soften.

STEP - 4

Line a baking sheet with parchment paper and roll your mixture into golf sized balls. Bake in the oven for 30-40 minutes until nice and crispy, flipping halfway through.



Samosa



One of our favourite snacks of all time! A samosa is a fried South Asian pastry more commonly stuffed with our starchy friend, the humble potato. It is one of the most iconic and well-known Indian snacks out there. It is traditionally enjoyed with a piping hot cup of *Masala Chai* **and the combo of** *Tamarind Chutney* **and** *Coriander and Mint Chutney***.**

Samosa

INGREDIENTS

For the Pastry:
- 2 cups of all-purpose flour
- ½ tsp carrom seeds
- Salt to taste
- ½ cup water (more as needed)

For the Filling:
- 3-4 boiled potatoes, smashed
- ½ cup frozen peas
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- ½ tsp turmeric
- ½ tsp red chilli powder
- ½ tsp dry mango powder (amchoor)
- 1 tsp garam masala
- 1 tsp chaat masala
- 1 tsp ground cumin
- 2 tbsp ground coriander
- 1 tsp garlic powder
- ½ tsp ginger powder

STEP - 1

Add flour, carrom seeds and salt to a bowl and mix well. Slowly add your water and mix to form a firm dough. If it is too soft, it will not hold the filling and break. Add more flour as needed.
Knead the dough for 5-10 minutes until smooth. Cover the dough with a damp cloth and let it rest for 15 minutes.

STEP - 2 FILLING

Add cumin seeds and coriander seeds to a non-stick pan and dry fry them for a couple of minutes until they become fragrant and start to pop.
Add the remaining filling ingredients (apart from the boiled potatoes) and a splash of water to make sure it doesn't stick and cook for 4-5 minutes.
Add the smashed boiled potatoes - you want some big and some small pieces. Cook and mix for 5 minutes. Remove from the heat and set aside.

STEP - 3

Now preheat your oven to 180°C (350°F).
Lightly flour your surface and portion the dough into golf ball sized pieces.
Form each piece into a ball and roll out into a circle of approx. 15cm. Cut this circle into two equal pieces with a knife so you have two half-moon shapes.
Brush the cut edge with a little water and pull the corners together to form a cone shape, sealing the dampened edge.

STEP - 4

Brush the top edge of the cone with a little water.
Fill with 1 tbsp mixture and pinch the top edge of the cone together to seal. Repeat with the remaining pastry.
Line a baking sheet with parchment paper and add your samosa and put in the oven for 20 minutes, flipping halfway through.
When golden brown, serve with *Tamarind Chutney* and hot *Masala Chai*.

Tofu Kofta

"Kofta" in Indian cuisine refers to spiced balls traditionally made from meat, vegetables, or paneer. These are often served in a rich, creamy gravy in festive and special meals. Our koftas are made using high-protein chickpeas and tofu, which are fantastic with our low-fat creamy gravy.

Tofu Kofta

KOFTA INGREDIENTS

- 1 block super firm tofu (280 grams)
- ½ cup cooked chickpeas
- 1 medium potato, boiled
- 1 green chilli, deseeded and finely chopped (adjust to taste)
- 1 inch piece of ginger, minced
- 1 tsp garam masala

2 tbsp corn starch or tapioca starch
Salt to taste

STEP - 1

Preheat your oven to 180°C (350°F). In a food processor, add the tofu, chickpeas, potato, green chilli, ginger, garam masala, corn starch (or tapioca starch) and salt. Pulse until all the ingredients are well combined.

STEP - 2

Shape into small balls.

STEP - 3

Place the tofu balls onto a lined baking tray and bake for 15-20 minutes, or until golden-brown.

Next we make the gravy! ->

GRAVY INGREDIENTS

- 1 tsp cumin seeds
- 3 green cardamom pods
- 3 cloves
- ½ inch stick of cinnamon
- 1 large onion, finely diced
- 3 cloves of garlic, minced
- ½ inch piece of ginger, minced
- ¼ tsp turmeric
- ½ tsp cayenne pepper (adjust to taste)
- ½ tsp ground coriander
- 3 medium tomatoes, finely chopped
- 1 cup cauliflower florets
- ½ cup water
- ½ cup plant milk
- ¼ cup cashew nuts
- 2 tbsp dried fenugreek leaves (kasturi methi)
- ½ tsp garam masala
- 1 tsp sugar (optional)
- 2 tbsp fresh coriander, roughly chopped (for garnish)

STEP - 1

In a blender, blend the raw cashews with ½ cup of water to make a smooth paste. Put into a small container and set aside.

STEP - 2

Heat a non-stick pan over medium heat. Add cumin seeds, cardamom pods, cloves, and cinnamon. Toast until aromatic and the seeds start to pop.

STEP - 3

Add the onion, garlic, and ginger. Sauté until the onions turn translucent adding a little water to prevent sticking.

STEP - 4

Stir in the turmeric, cayenne pepper, and ground coriander. Cook for a minute.
Add the cauliflower florets and tomatoes and cook until they are soft.

STEP - 5

Once cooked, add the mixture to a blender and blend until smooth. Then add the sauce back to the pan.

STEP - 6

Add the cashew paste and mix well.
Add water to reach your desired consistency and bring to a boil. Lower the heat and simmer for 10-15 minutes.

STEP - 7

Stir in the kasturi methi, garam masala, and optional sugar. Cook for an additional 2 minutes.
Garnish with the fresh coriander before serving. To serve, place the tofu koftas in a serving dish and pour the gravy over the top.

Pav Bhaji

Pav Bhaji

A warm tomato vegetable stew served with fresh buns for dunking. This is one of the most delicious ways to pack a tonne of veggies into your day! Pav Bhaji is a popular Indian street food that originated in Mumbai. "Pav" refers to the bread rolls, and "Bhaji" is the spiced vegetable mash. Pav Bhaji holds a special place in our hearts, reminding us of bustling Indian streets filled with the aroma of this spicy, tangy delight. It is the perfect meal to serve to family and friends, and it's as fun to make as it is easy to scale up.

Remember! it's fine if you don't have absolutely all the vegetables but try to get in as many as you can :)

INGREDIENTS

- 3 large potatoes, cut into 1cm cubes
- 2 cups cauliflower florets, finely chopped
- 1/2 cup green peas
- 1 cup carrot, diced
- 1 ½ cups water
- 1 tsp cumin seeds
- 2 cloves
- 3 cardamom pods
- 1 large onion, finely diced
- 1 inch piece of ginger, minced
- 4 cloves of garlic, minced
- 1 green chilli, finely chopped (adjust to taste)
- 3 large tomatoes, finely chopped
- 1 red bell pepper, finely chopped
- ¼ cup beetroot, grated
- 1 tbsp pav bhaji masala powder (or 1 tsp garam masala)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp black pepper
- 1/2 tsp cinnamon powder
- 1/4 tsp ground nutmeg
- 1/2 tsp dry mango powder (amchoor)
- 1 tsp turmeric
- Salt to taste
- Lemon juice to taste
- Fresh cilantro for garnish
- Any oil free bun you want or use our *Millet Pav* **or** *Red Lentil Bread Rolls*

STEP - 1

Add cauliflower, carrots, green peas and potatoes to a pot with water and bring to the boil, cook until the potatoes are tender. Once boiled, drain the water and mash with 1 ½ cups of water.

STEP - 2

Meanwhile, heat a non-stick pan over medium heat and add cumin seeds, cloves and cardamom pods. Toast until they start to pop and release their aroma.

STEP - 3

Add onions, garlic, and ginger. Water sauté until the onions turn translucent. Add all the spices and cook for a further 2 minutes.

STEP - 4

Add the bell pepper, beetroot, tomatoes and green chilli. Cook for 2-3 minutes.

STEP - 5

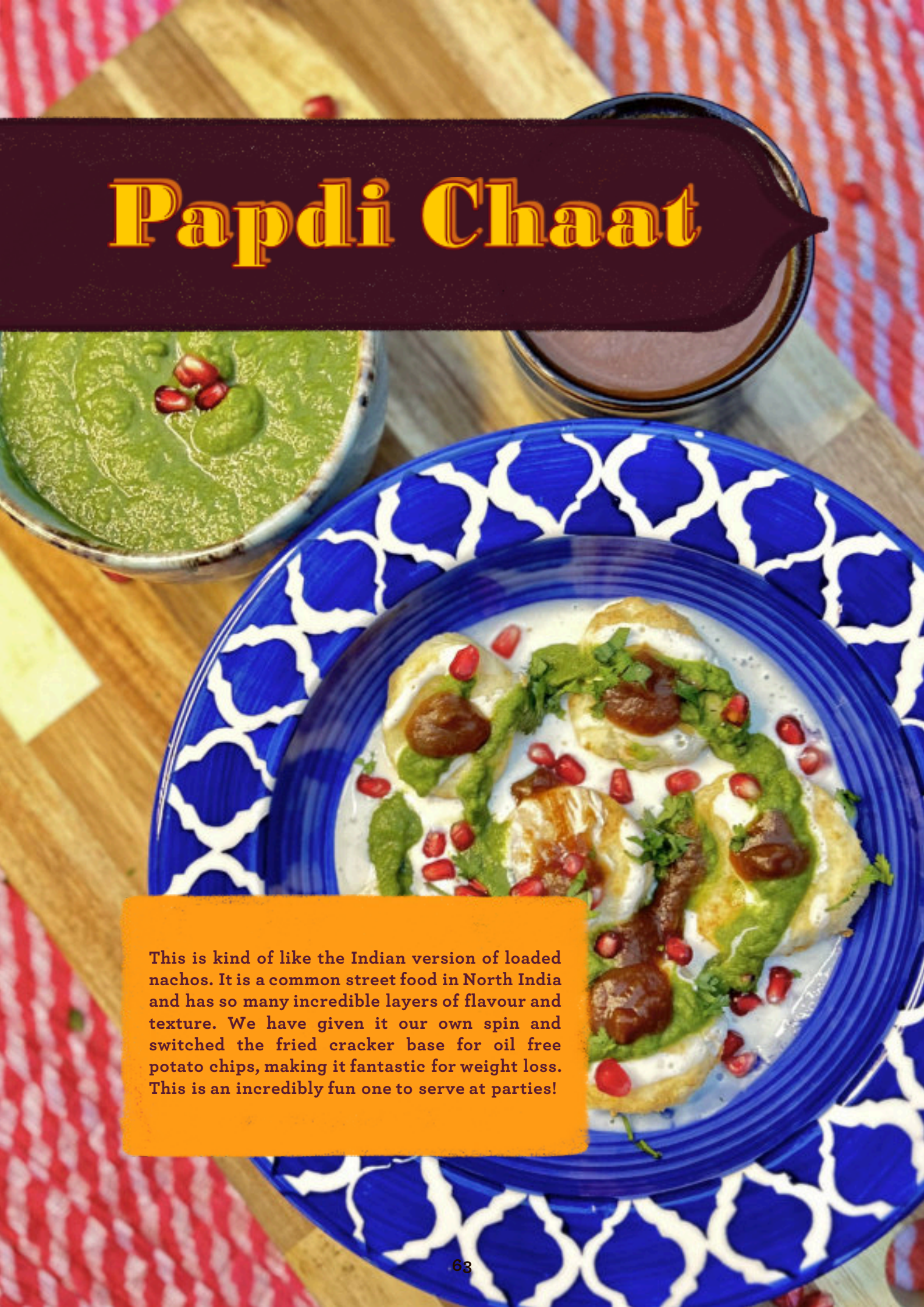
Add the mashed vegetables and cook for 5-10 minutes.

STEP - 6

Season with salt and lemon juice to taste. Garnish with fresh coriander and finely diced onion before serving.

To serve, place a generous helping of bhaji on a plate and dunk with lightly toasted oil free buns!

Papdi Chaat



This is kind of like the Indian version of loaded nachos. It is a common street food in North India and has so many incredible layers of flavour and texture. We have given it our own spin and switched the fried cracker base for oil free potato chips, making it fantastic for weight loss. This is an incredibly fun one to serve at parties!

Papdi Chaat

INGREDIENTS

- **2 medium potatoes, sliced into thin circles around ¼ cm in thickness**
- **1/4 cup** *unsweetened plant-based yoghurt*
- *Coriander and Mint Chutney*
- *Tamarind Chutney*
- **Additional toppings: pomegranate seeds, diced onions, diced tomatoes, fresh coriander, and spices as desired**

STEP - 1

Preheat your oven to 220°C (425°F)

STEP - 2

Arrange the potato slices in a single layer on a baking sheet lined with parchment paper. Make sure they don't overlap for even cooking. Cook for about 25-30 minutes, flipping halfway through, until they are crisp and golden brown.

STEP - 3

Remember to adjust the cooking time depending on how thick or thin you slice your potatoes. Keep an eye on them as they cook to ensure they don't burn.

STEP - 4

Allow the potato slices to cool slightly; they will continue to crisp up as they cool.

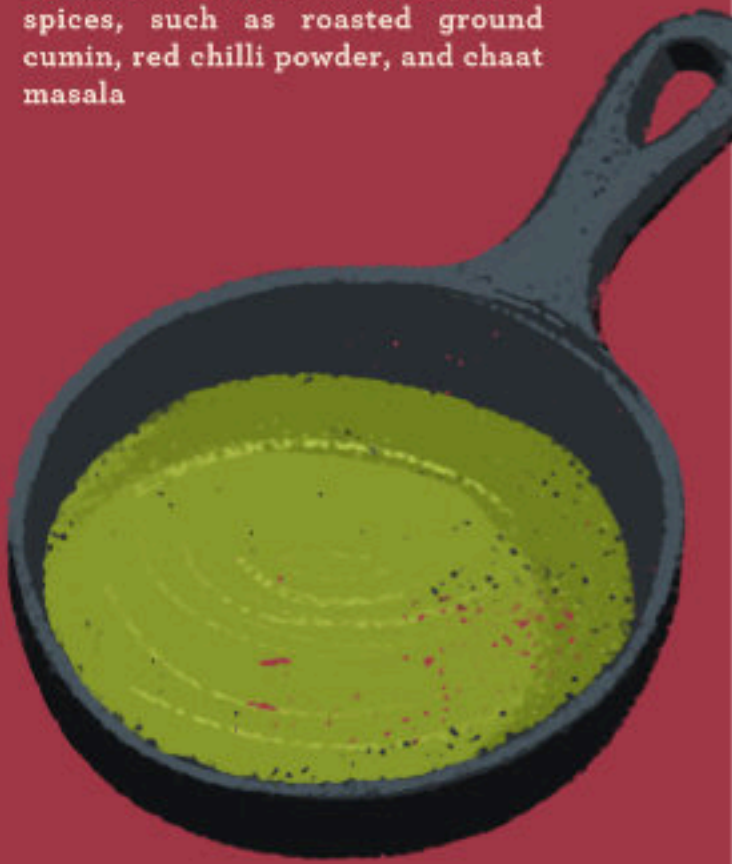
STEP - 5

To assemble the chaat, place the crispy potato slices on a serving plate. Drizzle a generous amount of plant-based yoghurt, Coriander and Mint Chutney and Tamarind Chutney.

STEP - 5

Top with your choice of pomegranate seeds, diced onions, diced tomatoes, and fresh coriander

Sprinkle with your favourite chaat spices, such as roasted ground cumin, red chilli powder, and chaat masala



Roasted Corn

Roasted Corn

This recipe might be super simple, but it is one of India's most popular street foods for a reason. It is sweet, juicy, spicy, and packed with flavour. Roasted corn is the perfect snack, side, starter, or starchy part to any Indian feast. This was our favourite snacks growing up in the chilli Delhi winters!

INGREDIENTS

- 4 ears of corn
- Lemon or lime halved, and seeds removed
- 1 tsp cayenne pepper or red chilli powder
- 1 tsp salt
- 2 tsp chaat masala (or add 1 tsp ground cumin and ⅛ tsp black salt)
- 1 tbsp fresh coriander to garnish

STEP - 1

Remove the corn from the husks and strings.

STEP - 2

Roast the corn on an open flame, or grill/bake in the oven. If cooking on over an open flame, make sure to rotate the corn every 30 seconds so they don't burn.
The corn should be charred and cooked evenly.

STEP - 3

Mix all the spices in a bowl and dip a halved lemon/lime in. Rub the corn with your spice mixed lemon/lime to transfer the spices. Make sure to lightly squeeze the juice from the lemon/lime as you do so. Repeat as many times as needed.

Poha
(Flattened Rice)

Poha (Flattened Rice)

This is a fun and a unique way to eat rice! Made using flattened rice, which you can buy at most Indian stores. Almost like a dry Indian spiced savoury oatmeal, poha is an exciting breakfast option or snack when you want something quick, comforting, and satisfying. It is zingy, spiced, low calorie density and you can throw it together in 20 mins.

INGREDIENTS

- 1 cup flattened rice (Poha)
- 1 medium onion, finely diced
- ½ cup green peas (fresh or frozen)
- 1 green chilli, finely chopped (optional)
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- ½ tsp turmeric
- ½ tsp red chilli powder (optional)
- Salt to taste
- 1 tbsp lemon juice
- 2 tbsp chopped fresh coriander leaves for garnish
- Water for sautéing

STEP - 1

Soak the flattened rice in water for 5 minutes, until it softens. Drain and set aside.

STEP - 2

In a non-stick pan over medium heat add mustard seeds and cumin seeds and toast until they start to pop.

STEP - 3

Add the diced onions and a splash of water and sauté until translucent, adding more water to prevent sticking if required. Add green peas and green chilli (if using). Stir well, cover and cook until peas are tender.

STEP - 4

Add turmeric, red chilli powder (if using), and salt. Stir well.

STEP - 5

Add the softened flattened rice and mix gently, ensuring the spices and vegetables are evenly distributed. Cook for an additional 2-3 minutes until the flattened rice is heated through.

Remove from heat and add lemon juice, mixing gently.

Serve it hot, garnished with fresh coriander leaves.

Galouti Kebab

Galouti Kebab

A fantastic way to get more beans into your life! Galouti Kebab is traditionally made with minced meat, our version takes a plant-based turn, using high fibre, high protein kidney beans as the star ingredient. They are crispy on the outside and super soft and melt-in-the-mouth on the inside. Enjoy your Galouti Kebabs with *Tomato Chutney* or as a side with your favourite Indian bread. They're perfect for impressing guests or simply for indulging yourself in a feast of flavours.

INGREDIENTS

- 2 cups cooked kidney beans
- 1 large potato, boiled and mashed
- 1 medium onion, finely diced
- 2-3 cloves garlic, minced
- 1 inch ginger, grated
- 2 green chillies, finely chopped (adjust to taste)
- 1/2 cup chickpea flour
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp garam masala
- 1/4 tsp turmeric powder
- Salt to taste
- Fresh coriander leaves, finely chopped, for garnish

STEP - 1

Add the kidney beans to a food processor and pulse until they form a paste, add some water if needed, then transfer the kidney bean mixture to a large mixing bowl.

STEP - 2

Add the mashed potato, onions, garlic, ginger, and green chillies to the kidney bean mixture. Add the chickpea flour to the mixture for binding.

STEP - 3

Sprinkle in the ground cumin, ground coriander, garam masala, and turmeric. Add salt to taste. Mix all the ingredients thoroughly until well combined.

STEP - 4

Shape the mixture into small, flat patties. Preheat your oven to 180°C (350°F). Place your kebabs on a lined baking sheet and cook for 15-20 minutes, flipping halfway through, until they are golden and crisp.

STEP - 5

Alternatively, you can cook the kebabs on a dry non-stick pan over medium heat, flipping occasionally until both sides are golden brown.

Hara Bhara Kebab

The name "Hara Bhara" translates to "full of greens," and true to its name, this kebab is packed with spinach, peas, and coriander. A great low calorie density starter that is a fantastic way to hide vegetables from those picky eaters! Garnish with freshly chopped coriander leaves and serve with *Mango Chutney* **or lemon wedges. These Hara Bhara Kebabs are perfect for a healthy snack or as a side dish with your main course.**

Hara Bhara Kebab

INGREDIENTS

- 2 cups spinach leaves, blanched and finely chopped
- 1 cup green peas, boiled
- 2 medium-sized potatoes, boiled and mashed
- 1/2 cup coriander leaves, finely chopped
- 1 onion finely diced
- 1-2 green chillies, finely chopped (adjust to taste)
- 1 inch piece of ginger, minced
- 1 tsp ground cumin
- 1/2 tsp chaat masala
- 1/4 tsp turmeric powder
- Salt to taste
- 1/2 cup chickpea flour or ground oats for binding

STEP - 1

In a food processor, add the blanched spinach, boiled green peas, and chopped coriander leaves. Pulse until you get a coarse mixture.

STEP - 2

Transfer this green mixture to a large bowl and add the remaining ingredients. Mix well until you get a dough-like consistency. Adding more chickpea or out flour as needed.

STEP - 3

Shape the mixture into small, flat patties.

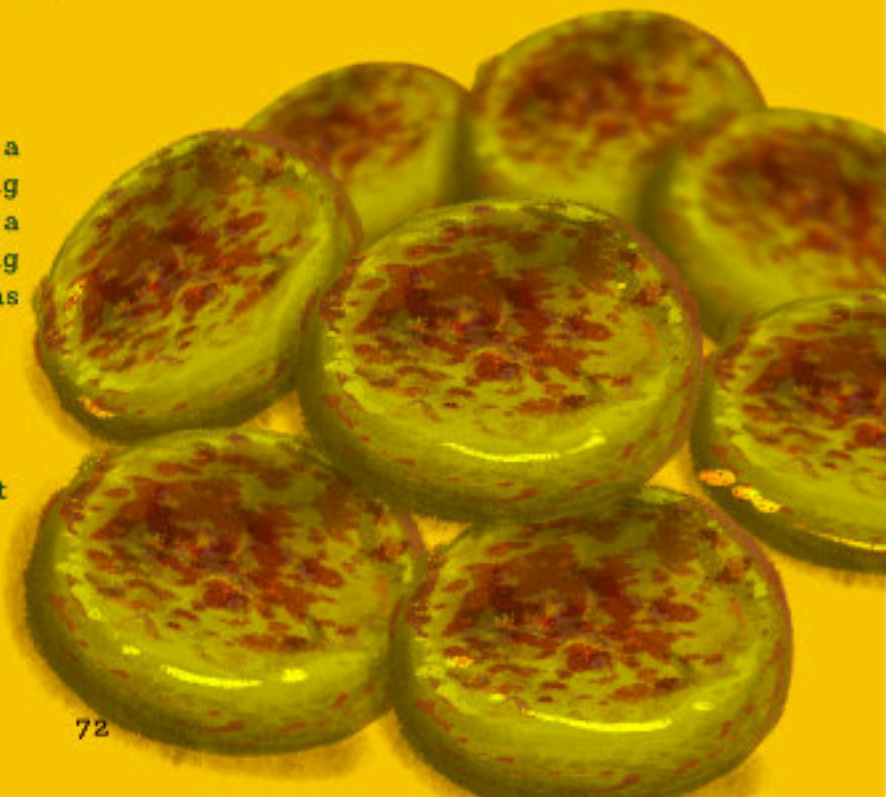
STEP - 4

Preheat your oven to 180°C (350°F). Place the kebabs on a lined baking tray and cook for 15-20 minutes, flipping halfway through, until they are golden and crisp.

STEP - 5

Alternatively, you can cook the kebabs on a dry non-stick pan over medium heat, flipping occasionally until both sides are golden brown.

Garnish with freshly chopped coriander leaves before serving.



and that's a WRAP!

These recipes are all about packing a punch of Indian flavours in a parcel all wrapped up like a Christmas gift! Think of your favourite Indian dishes all snug in a wrap, ready to eat on the move or at the table with friends and family. We've taken the tastiest bits of India's streets and given them our own little twist. These wraps are perfect for a quick lunch or a fun dinner – easy to make, easier to eat, and all full of the good stuff.

Mung Bean, Spinach & Curried Chickpea Wrap

Mung Bean, Spinach & Curried Chickpea Wrap

Ok, these are not your traditional Indian wraps, but they are full of so much goodness and have all the flavours of Indian cuisine. Packed with protein and greens, it is the perfect healthy, satisfying, low calorie density lunch combo.

INGREDIENTS

GREEN WRAPS

- 1 cup soaked mung beans
- 1 cup fresh spinach
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp garam masala
- 1 cup water

CURRIED CHICKPEAS

- 400g tin of chickpeas
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp garam masala
- ¼ tsp turmeric
- 1 tsp lemon juice
- 2 tbsp non-dairy yogurt
- 1/8 tsp black salt

INSTRUCTIONS

STEP 1 - MAKING THE WRAPS

Soak mung beans overnight or in boiling water for at least 2 hours. Drain, rinse and add to a blender with the remaining wrap ingredients and blend until smooth.

Heat a non stick pan on medium heat. Add ½ a cup of the mixture to the middle of the pan and use the back of a spoon to spread the batter into a thin circle.

Cook for 1-2 minutes, flip and cook for an additional minute.

Store your wraps in a tea towel to prevent them from drying out.

STEP 2 - ASSEMBLE

Warm them up on a pan or in the microwave before using, this helps soften them. To make the curried chickpeas, mash the chickpeas, add the remaining ingredients and mix well.

Assemble your wrap by adding a layer of curried chickpeas to the middle of your mung bean wrap. Add some chat masala salad and any chutney you fancy and roll it up.

Pink Beetroot Wraps with Onion Bhaji

Pink BeetrootWraps with Onion Bhaji

A vibrant pink wrap layered with crunch and flavour. Packed with our oil free onion bhaji and soothing Raitha, this wrap is the perfect way to take a slice of Indian cuisine on the go.

INGREDIENTS

- 1 cup moong dal
- 1 cup water
- ¼ cup diced raw beetroot
- 1 tsp garlic salt
- 1 tsp garam masala
- 1 cup mixed salad greens
- ¼ a cucumber, sliced
- 1 tomato, chopped
- Onion Bhaji
- Raitha

STEP 1 - MAKING THE WRAPS

Soak moong dal overnight or in boiling water for at least 2 hours.

Drain, rinse and add to a blender with the remaining wrap ingredients and blend until smooth.

Heat a non-stick pan on medium. Add ½ a cup of the mixture to the middle of the pan and use the back of a spoon to spread it into thin circle.

Cook for 1-2 mins, flip and cook for an additional 1 min.

Store in the fridge wrapped in a tea towel to prevent it from drying out or in the freezer.

STEP 2 - ASSEMBLE

Warm them up on a pan or in the microwave before using, this helps soften them.

Assemble your wrap by adding 2-3 Onion Bhaji to the middle of your wrap. Add some Raitha, salad greens, tomato and cucumber and roll it up. You can batch prep the wraps in advance for the week. Enjoy for a quick and hearty lunch on the go!

Tofu Tikka Naan Wrap

Tofu Tikka Naan Wrap

These Tofu Tikka Wraps are delicious, comforting and SO easy to make! Fluffy oil free naan, spiced tofu and a thick yoghurt marinade. If you're a fan of Indian food, you'll LOVE this recipe!

INGREDIENTS

Garlic Naan
Tofu Tikka
Lettuce
1 tomato, chopped
¼ cucumber, sliced
¼ red onion, sliced
2 tbsp Coriander and Mint Chutney

STEP - 1

Assemble your wrap by adding a few Tofu Tikka to the middle of your Garlic Naan.

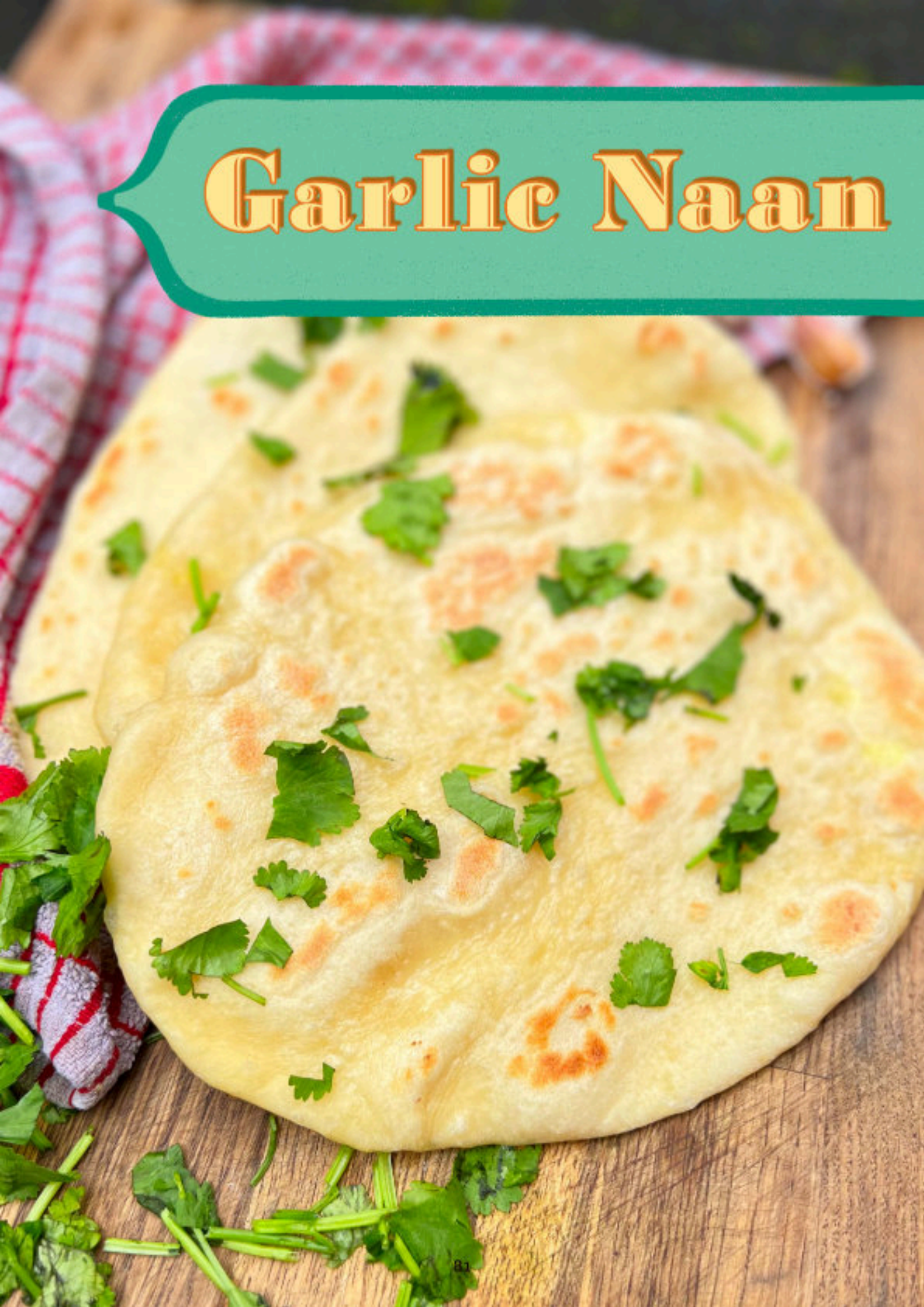
STEP - 2

Add some lettuce, tomato and cucumber, onion and some Coriander and Mint Chutney and wrap it up.

Breads, Rice and Everything Nice

Welcome to the "Breads and Rice" part of our book, where we've got all the good stuff that goes with any meal. We're talking about easy-to-make naan from chickpeas, tasty buns with lentils, and soft rotis that are perfect for scooping up your curry. These aren't just your regular sides; they're the stars that make your spicy curries and veggies even better. So, whether you’re wrapping, dipping, or just enjoying a big spoonful, our breads and rice dishes are here to fill your belly.

Garlic Naan



Garlic Naan

INGREDIENTS

- 2 cups plain flour
- 1 cup unsweetened plant-based yoghurt
- 2 tbsp baking powder
- 1 tsp garlic salt

This is the easiest naan bread recipe ever! It is ready in 15 minutes and you only need 4 ingredients to make it. Naan is an oven-baked flatbread, which is a staple in Indian homes and is served with vegetables or curry. Typically made using oil, butter or ghee, our version is completely oil free! The perfect choice for those who are more health conscious, but don't want to miss out on the authentic soft, fluffy and flavourful naan that we all know and love. You can use our homemade 2 Ingredients yoghurt recipe or any unsweetened plant-based yoghurt.

STEP - 1

Put all the ingredients into a large mixing bowl.

STEP - 3

Cut the dough into 8 equal pieces and roll out into an oval shape until they are about 0.5cm thin.

STEP - 2

Using your hands mix well to form a ball of dough.
Put on a floured surface and knead for 2 minutes.

STEP - 4

Heat a non-stick pan over high heat. Cook on one side until bubbles start to appear and the naan starts to puff up, about 2mins. Flip and cook for a further 2 mins.

Oil Free Roti

Oil Free Roti

We had to start with the classic Roti. Roti or Chapati is an Indian flatbread made from whole wheat flour. It is a staple in Indian households, like rice, many people serve roti with curries and vegetables. Of course, we've made it oil free, making it a healthier option without compromising on taste or texture. It's simple, quick, and tastes great!

INGREDIENTS

- 2 cups whole wheat flour (plus extra for dusting)
- 1 cup water (you may need a little more or less, so add gradually)
- A pinch of salt (optional)

STEP - 1

In a large mixing bowl, add the whole wheat flour and a pinch of salt, if using, and mix well!

STEP - 2

Gradually add water to the flour, kneading continuously to form a soft, smooth dough. The dough should not be too sticky or too dry.

STEP - 3

Cover the dough with a damp cloth and let it rest for 15 minutes. Then divide the dough into small, equal golf-sized balls.

STEP - 4

Heat a non-stick pan over medium heat. And while the pan is heating, take one dough ball and roll it out on a flat surface dusted with a little whole wheat flour. Roll it into a circle about 6-7 inches in diameter.

STEP - 5

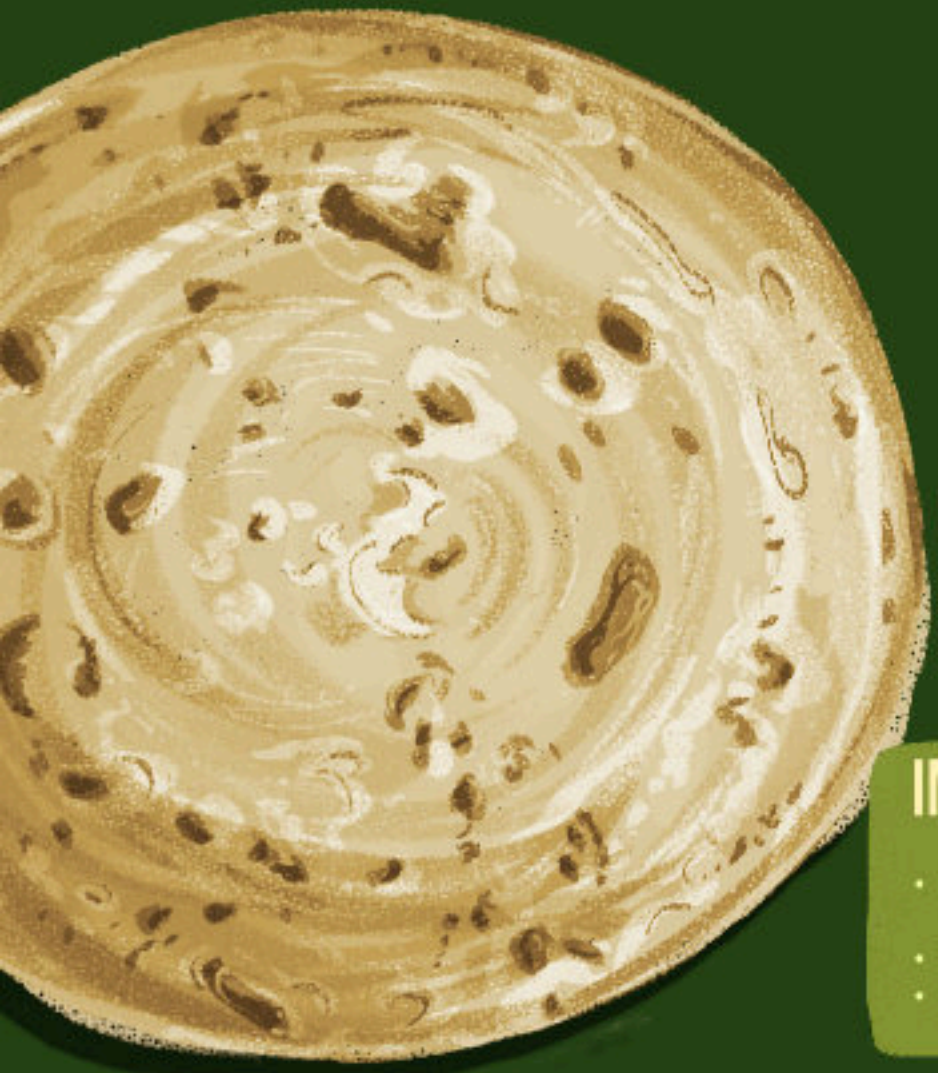
Place the rolled-out dough onto the hot pan. Cook until you see small bubbles forming on the surface.

STEP - 6

Flip the roti and cook the other side until it puffs up and both sides have golden-brown spots.
Repeat the process for the remaining dough balls. Serve hot with your choice of curry, dal, or vegetable dish!

Oat Roti

Oat Roti



Our healthy twist on a classic is made from only 1 ingredient... and we like to spell it Roati! Oats are a fantastic alternative to using wholewheat flour and can also be found gluten free. Oats are incredible for health and weight loss. This recipe comes together quickly and is perfect for dunking in one of our healthy curries.

Store your rotis a tea towel to prevent them from drying!

INGREDIENTS

- 1 cup oat flour (gluten free as required)
- 1 cup water
- salt to taste

STEP - 1

Bring the water to a boil. When it is boiling, turn the heat off and mix in the oat flour until it comes together as a ball of smooth dough.

STEP - 2

Cover and rest the dough for 5 mins

STEP - 3

Knead the dough well for 5 mins and let it cool down completely.

STEP - 4

Form the dough into golf sized balls. On a floured surface, use a floured rolling pin to roll out the balls until nice and thin.

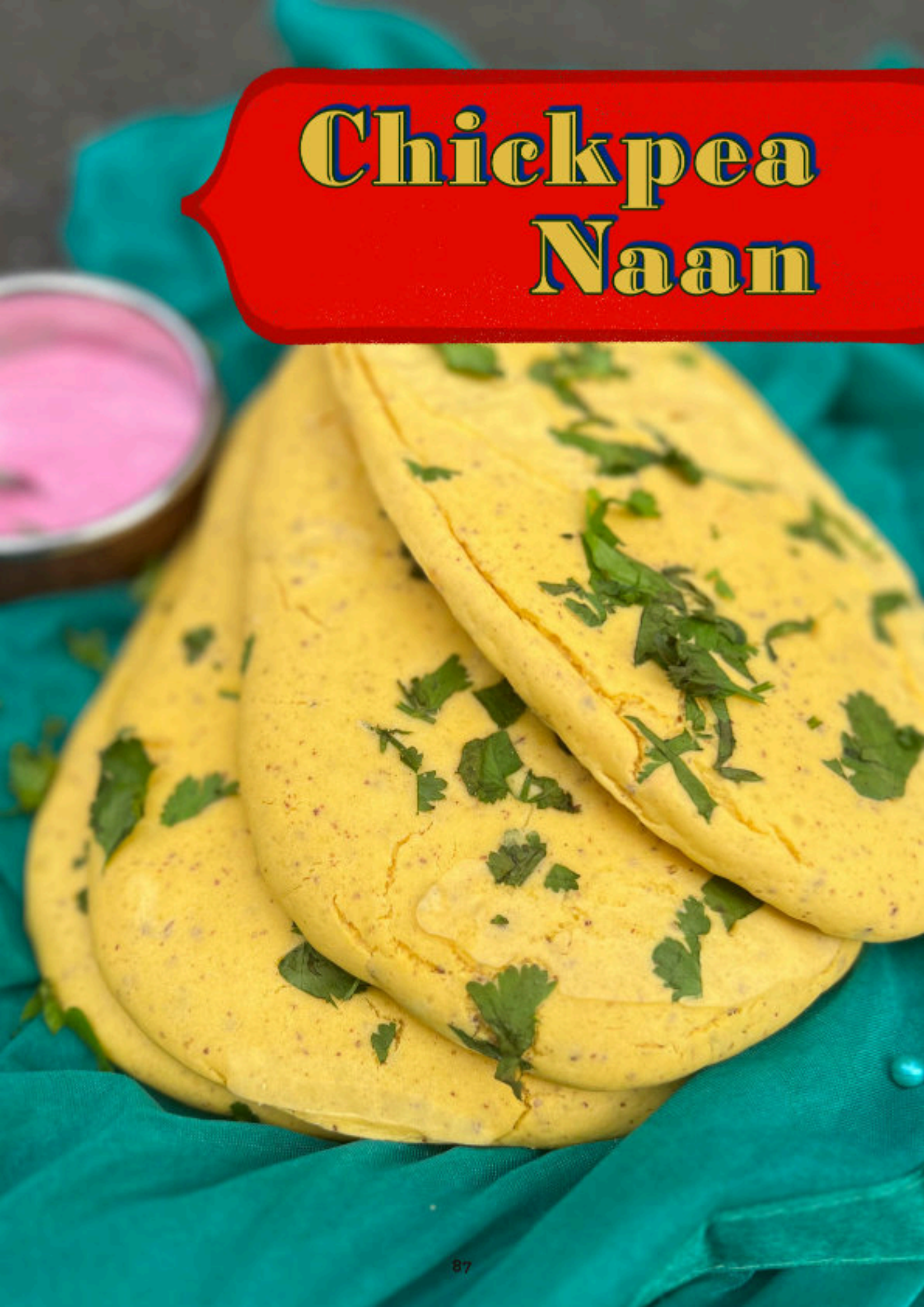
STEP - 5

Heat a non stick pan on medium high and add your roti one at a time.

STEP - 6

Let it cook for 30 seconds, flip and cook for a further 1-2 minutes

Chickpea Naan



Chickpea Naan

If you love naan but want to keep it gluten free and get more protein into your life - these are one to try! Still super light, fluffy and easy to make. No kneading required!

INGREDIENTS

- 2 cups of chickpea flour
- 1 tsp salt
- 1 tbsp corn starch
- 1 tsp garlic powder
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tbsp ground flaxseed
- 1/3 cup unsweetened plant-based yoghurt
- 0.75 - 1 ½ cup water
- Fresh coriander, roughly chopped to garnish

STEP - 1

Preheat the oven to 220°C (430°F). Combine the chickpea flour, salt, corn starch, garlic powder, baking powder, baking soda and flaxseed in a bowl and mix well. To avoid lumps, try sifting the chickpea flour.

STEP - 2

Add in the plant-based yoghurt and 3/4 cup of water. Whisk well until there are no lumps.
Add more water as needed to form a thick pancake batter consistency. Let the mixture rest for 5 minutes.

STEP - 3

Line a baking sheet with non-stick parchment paper and spoon 1/3 cup of mixture on to the parchment paper. Spread it into the shape of a naan (oval). Cover the naan with another sheet of parchment paper.

STEP - 4

Bake for 8-9 minutes. Remove from the oven, let it cool and remove from the parchment paper. Repeat until you have turned all your mixture into naans.

Millet Pav
(Buns)

Millet Pav (Buns)

INGREDIENTS

- 2.5 cups millet flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp salt
- 2 tbsp ground flax
- 1/3 cup psyllium husks
- 2.5 cups of water
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- optional: sesame seeds

Who doesn't love a good bread roll (Pav)! It's so hard to find a healthy oil free, gluten free bread roll, but it's much easier to make at home than you think. Millet is an ancient Indian grain, rich in fibre and gluten-free, is a staple in Indian kitchens. These buns are soft, fluffy and fantastic to dip in our *Pav Bhaji*, or simply dunk them in one of our chutneys, curries or soups.

STEP - 1

Pre-heat your oven to 200°C (390°F).

STEP - 2

To make millet flour blend dry millet in a high-speed blender until it turns into a flour or you might also be able to purchase millet flour at your local Indian store.

Add all your dry ingredients into a bowl and mix until well combined. In a separate bowl combine the wet ingredients and the psyllium husks. Let it rest for a few minutes.

STEP - 3

Combine the wet and dry ingredients and mix. Form into 6 equal sized balls and place onto a baking sheet lined with parchment paper.
Sprinkle with sesame seeds if desired

STEP - 4

Place into the oven for 50 minutes to bake and let cool completely.

These rolls are fantastic with our Pav Bhaji recipe!

Red Lentil Bread Rolls

Red Lentil Bread Rolls

INGREDIENTS

- 1 cup red lentils
- ¼ cup whole psyllium husk
- ¼ cup water
- 1 tbsp lemon juice
- 2/3 tsp baking soda
- ½ tsp salt

These super healthy and gluten free red lentil bread rolls are the perfect accompaniment to our many mains. They are ridiculously easy to throw together and require no kneading or rising. And yes, they are super fluffy!

STEP - 1

- Add the red lentils to a bowl and cover with water. Let them soak overnight or for at least 2 hours.
- Preheat your oven to 180°C (350°F).

STEP - 2

Drain and rinse the red lentils and add them to a blender or food processor with the remaining ingredients. Blend until it forms a dough.

STEP - 3

Now work quickly here. Split the dough into equal pieces and shape into neat balls.
Add them to a parchment lined baking tray. Or add the mixture into muffin tins.

STEP - 4

Bake for 25 minutes or until crispy and golden brown. Let cool before handling.

Aloo Paratha

Aloo Paratha

Aloo Paratha is essentially a potato stuffed roti, a popular Indian breakfast that brings together the heartiness of potatoes and the comfort of freshly baked bread. Aloo Paratha is often enjoyed with yoghurt and chutneys, making it a versatile dish for potato lovers out there like us!

INGREDIENTS

For the Dough:

- 2 cups whole wheat flour
- A pinch of salt
- Water, as needed to make the dough (we used ¾ cup and 2 tbsp)

For the Filling:

- 2 large potatoes, boiled and mashed
- 1 green chilli, finely chopped (optional)
- 1/2 tsp cumin seeds
- 1/2 tsp garam masala
- 1/2 tsp red chilli powder (adjust to taste)
- Salt to taste
- Fresh coriander leaves, finely chopped

FOR THE DOUGH

- In a large mixing bowl, combine the whole wheat flour and a pinch of salt.
- Gradually add water and knead to form a soft, smooth dough.
- Cover the dough with a damp cloth and let it rest for 15-20 minutes.

FOR THE FILLING:

- In a separate bowl, combine the mashed potatoes, green chilli (if using), cumin seeds, garam masala, red chilli powder, salt, and fresh coriander. Mix well to incorporate all the ingredients.

MAKING THE ALOO PARATHA:

- Divide the dough into equal-sized balls, about the size of a golf ball and roll it out into a small circle. Dust with whole wheat flour to avoid sticking.

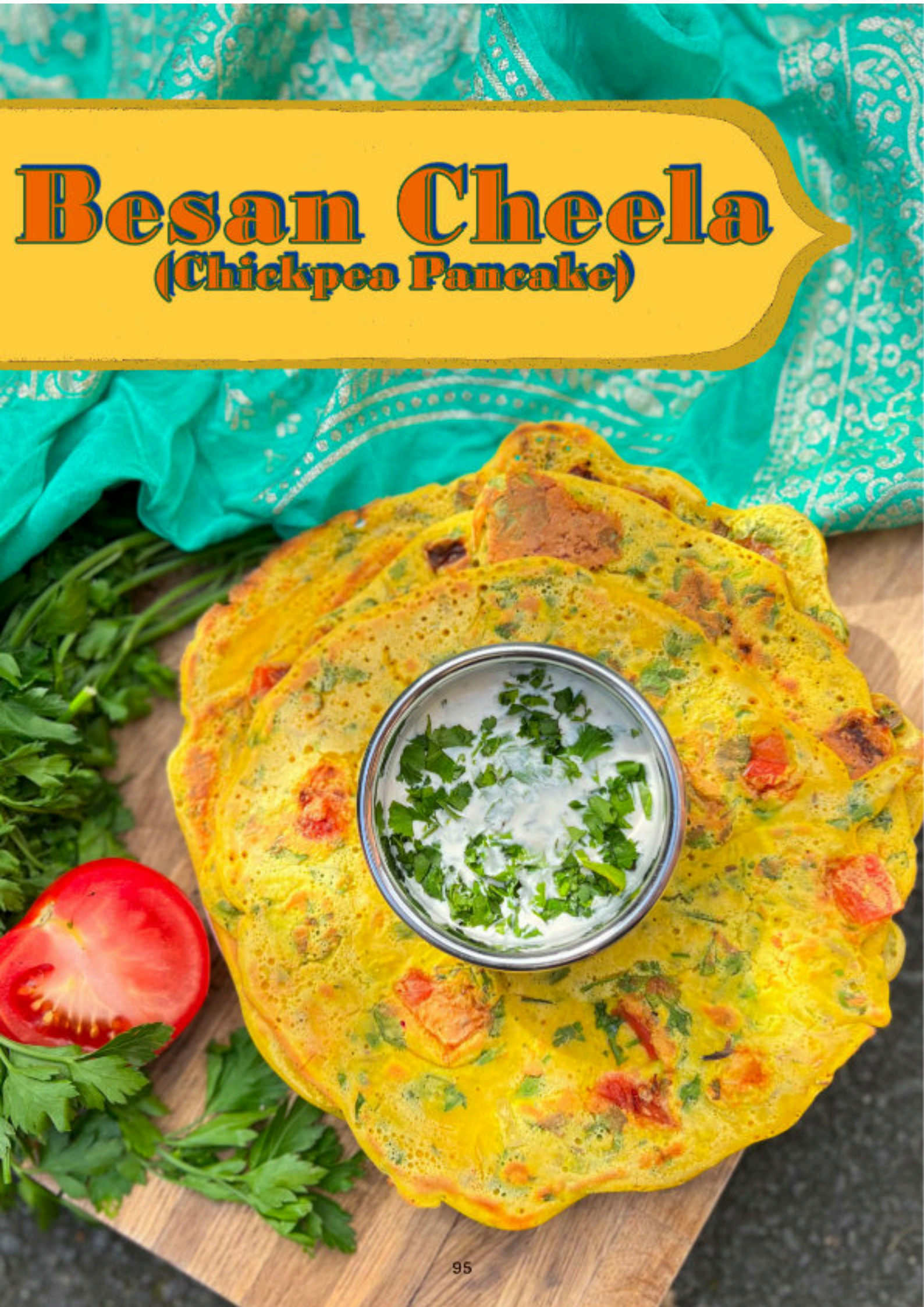
- Place a portion of the potato filling in the centre of the rolled-out dough. Bring the edges of the dough together to seal the filling inside, forming a stuffed ball.

- Gently roll out the stuffed ball into a flat circle, taking care not to let the filling spill out.

- Heat a non-stick pan over medium heat. Place the rolled-out Aloo Paratha on the pan. Cook until brown spots appear on one side, then flip and cook the other side until it also has brown spots.

- Remove from the pan and repeat with the remaining dough and filling.

Besan Cheela
(Chickpea Pancake)

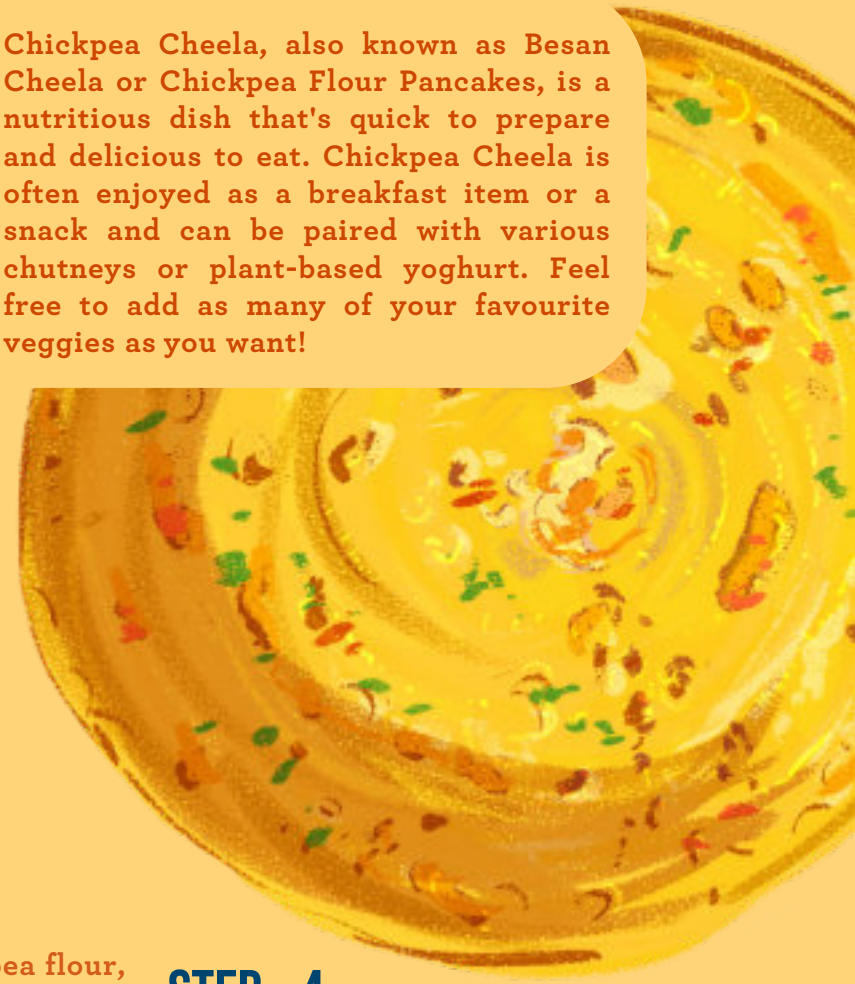


Besan Cheela
(Chickpea Pancake)

INGREDIENTS

- 1 cup chickpea flour (besan)
- 1 1/2 cups water
- 1 medium onion, finely diced
- 1 tomato, finely chopped
- 1 medium carrot, grated
- 1 green chilli, finely chopped (optional)
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1/2 tsp red chilli powder (adjust to taste)
- 1/2 tsp cumin seeds
- Salt to taste
- Fresh coriander leaves, finely chopped

Chickpea Cheela, also known as Besan Cheela or Chickpea Flour Pancakes, is a nutritious dish that's quick to prepare and delicious to eat. Chickpea Cheela is often enjoyed as a breakfast item or a snack and can be paired with various chutneys or plant-based yoghurt. Feel free to add as many of your favourite veggies as you want!



STEP - 1

In a mixing bowl, combine the chickpea flour, turmeric powder, red chilli powder, cumin seeds, and salt. Gradually add water to the dry ingredients, whisking continuously to avoid lumps. The batter should be of pouring consistency, similar to pancake batter.

STEP - 2

Stir in the onion, tomato, carrot, green chilli (if using), and fresh coriander leaves.

STEP - 3

Heat a non-stick pan over medium heat. Once hot, pour a ladleful of the batter onto the pan, spreading it into a circle. Cook until the edges start to lift, and the bottom is golden brown.

STEP - 4

You can cover the Cheela with a lid for a couple of minutes to ensure it cooks through. Flip the Cheela and cook the other side until it's also golden brown. Repeat with the remaining batter and serve it hot!

Cauliflower "Rice" Pulao

Cauliflower Pulao

We love adding veggies in unexpected ways! A lighter, but no less tasty version of the Indian classic, this Cauliflower "rice" Pulao is an ideal accompaniment to all kinds of curries. A great way to fill in your non-starchy 50-50 plate!

INGREDIENTS

- 1 medium head of cauliflower
- ½ cup of peas
- 1 medium carrot, finely diced
- 1 inch piece of ginger, minced
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1 green chilli, deseeded and finely chopped
- 10 curry leaves
- ½ tsp turmeric
- 1 tsp curry powder
- 100ml water
- Salt to taste
- Squeeze of lemon juice
- Fresh coriander, roughly chopped to serve

STEP - 1

Remove the cauliflower leaves and stalk and cut florets into even-sized chunks.

STEP - 2

Pulse the florets in a food processor until it's the same size and texture of rice.

STEP - 3

Add Cumin seeds and mustard seeds to a pan and dry fry for 1-2 minutes until the mustard seeds start to pop and they become fragrant. Add a splash of water along with the remaining ingredients (apart from the cauliflower). Cook for 2-3 minutes.

STEP - 4

Add the cauliflower rice and 100ml water to the pan and stir to coat in the spices. Put the lid on a cook for 5 minutes until the water has been absorbed and the cauliflower rice is soft. Add some coriander and a squeeze of lemon juice and it's ready to serve!

Millet Biryani

Millet Biryani

Biryani is a very popular mixed rice dish eaten in India, made with spices, vegetables, and rice. We have elevated the nutrition and flavour by using millet in place of the traditional rice. Millet is a fantastic grain that is a great source of protein, fibre, vitamins, and minerals. Biryani is often served with chutney, salads or curries.

INGREDIENTS

- 1 cup millet
- 2 cups diced mixed veggies – carrots, peas and green beans
- 2 bay leaves
- 1 tsp cumin seeds
- 6-8 curry leaves
- ½ tsp curry powder
- ½ tsp garam masala
- 2 cups of water
- Salt to taste

Paste:

- ½ medium onion, roughly chopped
- 4 cloves of garlic
- 1 inch piece of ginger
- 1 green chilli
- ¼ cup mint
- ¼ cup coriander
- 2 cloves
- 1 tsp cinnamon powder
- 1 cardamom
- ½ tsp fennel seeds

STEP - 1

Add all the paste ingredients to a blender with a splash of water and blend until smooth.

STEP - 2

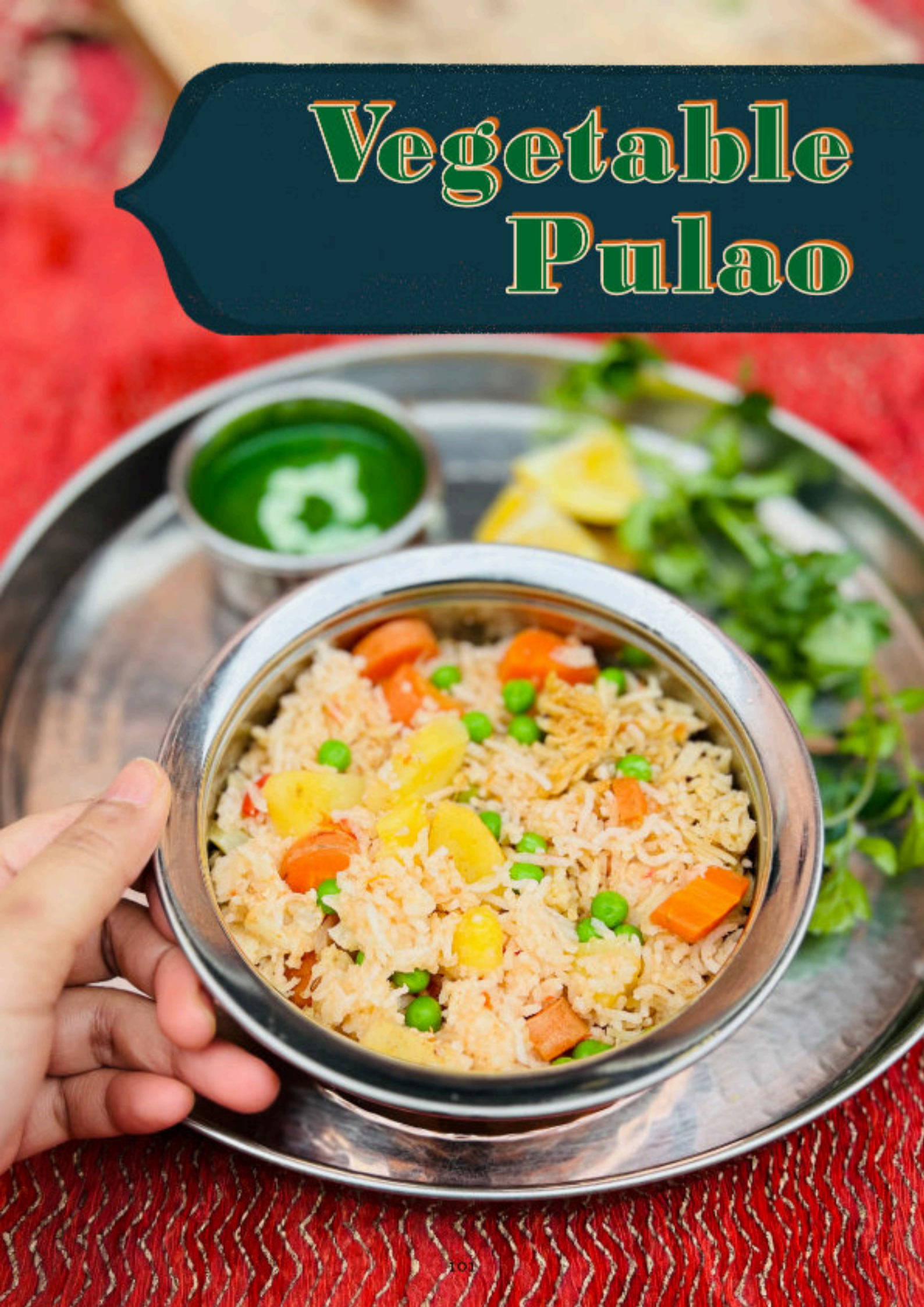
Add cumin seeds to a non-stick pan over medium heat and dry fry for 1-2 minutes until they start to pop and become fragrant. Add a splash of water and the remaining ingredients, including the paste.

STEP - 3

Put the lid on and cook on medium-low until the millet is fully cooked. Gently fluff the millet and serve with a coriander.

Enjoy with a lovely side of raitha and any of our veggie dishes!

Vegetable Pulao



Vegetable Pulao

INGREDIENTS

- 2 cups Basmati rice
- 4 cups water for cooking rice
- 1 large onion, thinly sliced
- 2 cup diced mixed vegetables (carrots, peas, green beans, bell peppers)
- 1 green chilli, slit lengthwise (optional, adjust to taste)
- 1 tsp cumin seeds
- 1/2 tsp turmeric
- 1 tsp garam masala
- 1/2 tsp red chilli powder (adjust to taste)
- Salt to taste
- Fresh cilantro leaves for garnish

Pulao is a comforting one-pot Indian dish that serves as a complete meal, perfect for family dinners or gatherings. In Indian cuisine, pulao is a versatile rice dish cooked with aromatic spices and a variety of vegetables. It's less elaborate than biryani but equally flavourful, often enjoyed with raita or a side of curry.

STEP - 1

Rinse the Basmati rice in cold water 2-3 times until the water runs clear. Soak the rice in water for 20-30 minutes, then drain.

STEP - 2

In a large non-stick pot or pan, add cumin seeds over medium heat. Toast them until they start to pop.

STEP - 3

Add the thinly sliced onions and sauté until translucent. You can add a splash of water to prevent sticking if needed. Add the green chilli (if using) and mixed vegetables. Sauté for 2-3 minutes.

STEP - 4

Stir in the turmeric, red chilli powder, and garam masala. Cook for a minute to let the spices release their flavours and add the drained basmati rice to the pot and gently stir to mix with the vegetables and spices.

STEP - 5

Add 4 cups of water and salt to taste. Bring the mixture to a boil. Reduce the heat to low, cover the pot with a lid, and let it simmer for 15-20 minutes, or until the rice is cooked and all the water is absorbed.

STEP - 6

Remove from heat and let it sit for 5 minutes. Fluff the rice with a fork. Garnish with fresh coriander leaves before serving.

Jeera Rice
(Cumin Rice)

Jeera Rice
(Cumin Rice)

INGREDIENTS

- 2 cups Basmati rice
- 4 cups water for cooking rice
- 2 tsp cumin seeds
- A pinch of salt

Cumin Rice, also known as Jeera Rice, is a simple yet flavourful dish that elevates the humble rice to something truly delightful! This oil-free version retains the essence of what makes Jeera Rice a beloved staple in Indian cuisine. It's a versatile side dish that pairs well with almost any curry or dal, making it a must-have in any Indian meal setting.

STEP - 1
Rinse the rice in cold water 2-3 times until the water runs clear. Soak the rice in water for 20-30 minutes, then drain.

STEP - 2
In a large non-stick pot or pan, toast the cumin seeds over medium heat until they start to pop and release their aroma.

STEP - 3
Add the drained rice to the pot, gently stirring to mix it with the toasted cumin seeds.

STEP - 4
Add 4 cups of water and a pinch of salt, if using. Bring the mixture to a boil.

STEP - 5
Reduce the heat to low, cover the pot with a lid, and let it simmer for 15-20 minutes, or until the rice is cooked and all the water is absorbed.

STEP - 6
Remove from heat and let it sit for 5 minutes. Fluff the rice with a fork and have it with one of your favourite curry!

Starchy Mains

Here we've lined up all the comforting dishes we love to make and eat. These are the big, hearty starchy meals that fill our plates and keep us truly satisfied. They're the ones we turn to for a family dinner, or when we just want a taste of home. We make them with simple, wholesome ingredients, and they always come out ready to please a crowd. We always say, let's make sure our plates are half full of these wholesome, starchy delights. They're the foundation of a balanced meal, the base for all the colourful veggies we'll pile on the other half. So, let's roll up our sleeves, bring out the pots and pans, and start cooking up these incredible starchy dishes.

Tadka Dal

Tadka Dal

We had to start with Dal. Tadka Dal is a comforting dish that holds a special place in Indian traditions. This oil-free recipe can be made with either moong dal or red lentils. Lentils are an excellent source of protein and fibre which keep you full for hours, making them fantastic for health and maximum weight loss. Growing up in India, this was one of our favourite meals of all time – a big bowl of rice and dal. Feel free to add some extra water for desired consistency.

INGREDIENTS

For the Dal:

- 1.5 cup Moong Dal or red lentils
- 4 cups water
- 1/2 tsp turmeric
- Salt to taste

For the Tadka (Tempering):

- 1 tsp cumin seeds
- ½ tsp mustard seeds
- 1-2 green chillies, cut lengthwise
- 2-3 small onions, finely diced
- 2-3 medium tomato, finely chopped
- 2 cloves of garlic, minced
- 1 tsp red chilli powder
- 1 tsp garam masala
- 1 tsp turmeric
- 2 tsp ground cumin
- 2 tsp ground coriander

STEP 1-COOKING THE DAL

Rinse your choice of lentils—thoroughly until the water runs clear. Soak them in water for 20-30 minutes.

STEP - 2

In a large pot, combine the lentils, 4 cups of water, turmeric powder, and salt. Bring the mixture to a boil.

STEP - 3

Lower the heat, cover, and let it simmer for 20-25 minutes, or until the lentils are tender. For a creamier texture, mash the lentils slightly with the back of a spoon.

STEP 1 - TEMPERING

Toast cumin seeds and mustard seeds in a non-stick pan over medium heat until they start to pop.

STEP - 2

Add in the green chillies, onions, tomato, and garlic and sauté for 10 minutes on medium heat. Add water when needed!

STEP - 3

Add the red chilli powder, garam masala, turmeric, ground cumin, and ground coriander and mix well.

STEP - 4

Finally, add this tempering to the cooked lentils and stir to combine.

Adjust salt and spices to your liking and add more water to reach your desired consistency.

Butter Tofu

Butter Tofu

Butter Tofu is, by all rights and purposes, magical. Our healthy vegan version of the classic Paneer Butter Masala features a unique blend of spices and marinated tofu, with a rich and creamy sauce that's perfect for special occasions. Or just sit alone in a corner with a bucketful, a pile of naan and a giant spoon and you won't be judged. We may get a bit jealous but go ahead and live the dream!

INGREDIENTS

For the Marinated Tofu:
- 400g firm tofu
- 2 tbsp cornstarch
- 1 tsp salt
- 1 tsp cumin
- 1 tsp garam masala

For the Curry:
- 1 bay leaf
- 1 tsp cumin seeds
- 1 inch cinnamon stick
- 5-6 black peppercorns
- 6-8 cloves
- 2 cardamom pods
- 1 large onion, diced
- 4 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 3 tbsp tomato paste
- 2x 400g tins of chopped tomatoes
- 1 tsp red chilli powder
- 1 1/2 tsp garam masala
- 2 tsp coriander powder
- 1-2 tsp sugar (adjust to taste)
- 1/2 400g tin of coconut milk
- a squeeze of lemon

MARINATE THE TOFU

STEP - 1

If you want to take your tofu to the next level, freeze it overnight. Defrost and squeeze as much liquid out as possible. This really changes the texture of the tofu and enables the flavours to infuse deeper making it more flavour packed.

STEP - 2

Tear the defrosted tofu into 1-inch chunks with your hands. In a bowl, combine the tofu with corn starch, ground cumin, garam masala and salt. Toss the tofu in and mix well to ensure the tofu is evenly coated with the spices.
Bake the tofu in the oven or air fryer at 180 celsius for 20 minutes or until golden brown.

MAKING THE CURRY

STEP - 1

Heat a non-stick pan over medium heat, add the bay leaf, cumin seeds, cinnamon stick, black peppercorns, cloves, and cardamom pods. Toast them briefly until aromatic.

STEP - 2

Add the onion, garlic and ginger with a splash of water and sauté until translucent.

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CURRY BASE

STEP - 3

Add in the tomato paste and crushed tomatoes and cook for 5-10 minutes.

STEP - 4

Remove the bay leaf and cinnamon stick and transfer the mixture to a blender. Blend until smooth.
Return the blended curry base to the pan and place it over low heat.

STEP - 5

Stir in the red chilli powder, garam masala, ground coriander, and sugar. Allow the spices to simmer and meld with the curry base.

STEP - 6

Add coconut milk and baked tofu to the curry, stirring gently to combine.
Cover and simmer for an additional 10 minutes to allow the flavours to fully integrate.

STEP - 7

Adjust salt and sugar to taste, and garnish with fresh coriander leaves and lemon juice before serving.

Serve hot, ideally with naan or rice. Prepare to fight off everyone who wants a bite...

Chana Masala

Chana Masala

Chana Masala is probably the most ordered dish in Indian restaurants, packed with protein, cheap, easy to make, and delicious; what more can one ask from a dish. This is a stunning combination of chickpeas in a tangy tomato and onion rich sauce. We're both madly in love with chickpeas, so this has always been a family favourite.

INGREDIENTS

- 2 x 400g tins of chickpeas,
- 400ml water
- 1 bay leaf
- 1 inch stick of cinnamon
- 2 cloves
- 2 green cardamom pods
- 2 onions, finely diced
- 3 large tomatoes, finely chopped
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 1-2 green chillies, cut lengthwise (adjust to taste) or 1 tsp red chilli powder
- 2 tsp garam masala
- ½ tsp turmeric
- 1 tsp ground cumin
- 2 tsp ground coriander
- 1½ tsp dried mango powder (amchoor)
- Salt to taste
- Fresh coriander leaves

STEP - 1

In a non-stick pan, toast the bay leaf, cinnamon, cloves, and cardamom for a few minutes until fragrant. Add the onion, garlic, ginger, green chilli and chopped tomatoes to the spices and sauté the mix for 8-10 minutes. Add a splash of water to prevent sticking.

STEP - 2

Add the garam masala, turmeric, ground cumin, ground coriander, and amchoor. Mix well to ensure the spices coat the onion-tomato mixture evenly. Saute for 3-4 minutes.

STEP - 3

Remove the cinnamon stick and bay leaf. Then add the mixture to a blender along with ¼ cup of cooked chickpeas and 400ml water.

Add the blended mixture back to the pan along with the rest of your chickpeas. Cover and cook for 10-15 minutes, allowing the flavours to meld together.

STEP - 4

Adjust salt to taste and garnish with fresh coriander leaves before serving.

Enjoy this Chana Masala hot, accompanied by rice, roti, or naan.

Kaali Dal
(Black Dal)

Kaali Dal (Black Dal)

Black Dal (Kaali Dal) is one of our favourite recipes of all time. It is often made for special occasions because it traditionally rich and creamy. Instead of using cream, we have used the starchy goodness of the lentils themselves. There's nothing better than a giant bowl of creamy Kaali Dal served with rice and veggies to keep you warm, snuggly and satisfied through the chilly winter nights.

INGREDIENTS

For the Dal:

- 2 cups whole black lentils (whole urad dal)
- 6 cups water
- 1 tsp turmeric
- Salt to taste

For the Tempering:

- 2 tsp cumin seeds
- 2 tsp mustard seeds
- 1-2 green chillies, slit lengthwise
- 1 large onion, finely diced
- 3 large tomatoes, finely chopped
- 3 cloves garlic, minced
- 1 tsp red chilli powder
- 2 tsp garam masala
- 1 tsp turmeric
- 2 tsp ground cumin
- 3 tsp ground coriander

To Serve:

- fresh coriander
- Plant-based yoghurt

COOKING DAL

STEP - 1

Rinse the whole black lentils thoroughly until the water runs clear. Soak them in water for at least 4 hours or overnight for best results.

STEP - 2

Drain the soaked lentils and place them in a large pot. Add 6 cups of water, turmeric, and salt. Bring the mixture to a boil.

STEP - 3

Lower the heat, cover, and let it simmer for 40-45 minutes, or until the lentils are tender and have a creamy consistency.

PREPARING TEMPERING

STEP - 1

In a non-stick pan over medium heat, toast the cumin seeds and mustard seeds until they start to pop.

STEP - 2

Add the green chillies, onion, and tomatoes. Sauté until the onions are translucent and the tomatoes are soft, adding a splash of water if needed to prevent sticking.

STEP - 3

Stir in the garlic and cook for an additional minute.

STEP - 4

Stir in the red chilli powder, garam masala, turmeric, ground cumin, and ground coriander. Mix well to ensure the spices are well-incorporated.

STEP - 5

Add this tempering mixture to the cooked lentils and stir well to combine. Adjust salt and spices to your liking.

STEP - 6

Drizzle with some plant-based yoghurt and coriander leaves to serve.

Serve this Kaali Dal hot, ideally with naan or rice. Feel free to adjust the spices according to your taste preferences.

Rajma Masala
(Kidney Bean Curry)

Rajma Masala
(Kidney Bean Curry)

Rajma is more than just a dish; it's a comforting hug in a bowl. Rajma is a north Indian curry made with kidney beans in a spiced tomato and onion gravy. Often enjoyed on lazy Sundays when the family gets together. It's a dish that's sure to make any meal feel like a special occasion.

INGREDIENTS

- 4 cups cooked kidney beans (or 2 400g tin, drained and rinsed)
- 1 large onion, finely diced
- 2 medium tomatoes, finely chopped
- 3 cloves garlic, minced
- 1-inch piece of ginger, minced
- 1-2 green chillies, slit lengthwise (adjust to taste)
- ¼ - 1/2 tsp red chilli powder
- 2 tsp garam masala
- ½ tsp turmeric
- 2 tsp ground cumin
- 2 tsp ground coriander
- ½ - 1 cup water
- Salt to taste
- Fresh coriander leaves for garnish

STEP - 1

In a non-stick pan over medium heat, sauté onion, garlic, and ginger until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 2

Add the tomatoes and green chillies to the pan. Cook until the tomatoes are soft and well-integrated.

STEP - 3

Stir in all the spices and mix well to ensure the spices coat the onion-tomato mixture well.

STEP - 4

Add the cooked kidney beans to the pan, stirring to combine them with the spiced onion-tomato mixture. Add ½ - 1 cup of water, then bring it to a simmer.

STEP - 5

Cover and cook for 10-15 minutes, allowing the flavours to meld together.

STEP - 6

Adjust salt to taste and garnish with fresh coriander leaves before serving.

Aloo Gobi
(Potatoes and Cauliflower)

Aloo Gobi
(Potatoes and Cauliflower)

INGREDIENTS

- 2 cups cauliflower florets
- 2 medium potatoes, cubed
- 1 large onion, finely diced
- 2 medium tomatoes, finely chopped
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 1-2 green chillies, cut lengthwise (adjust to taste)
- ½-1½ cup water (depending on the desired consistency)
- ½-1 tsp red chilli powder
- 1½ tsp garam masala
- ½ tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½-1 tsp dried mango powder (amchoor)
- Salt to taste
- Fresh coriander leaves for garnish

Aloo Gobi is such a delicious yet simple meal you can throw together in less than 20 minutes. It's the kind of meal that's often cooked by grandmothers or mothers in traditional Indian households, filling the house with delicious smells. For us, this is the perfect low calorie density combination of starchy and non-starchy veggies.

STEP - 1

In a non-stick pan over medium heat, sauté the onion, garlic, and ginger until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 2

Add the tomatoes and green chillies to the pan. Cook until the tomatoes are soft and well-integrated.

STEP - 3

Stir in the red chilli powder, garam masala, turmeric, ground cumin, ground coriander and dried mango powder. Mix well to ensure the spices coat the onion-tomato mixture evenly.

STEP - 4

Add the cauliflower florets and potatoes to the pan, stirring to combine them with the spiced onion-tomato mixture.

STEP - 5

Add the water to prevent sticking and to create a bit of sauce, then bring it to a simmer. Cover and cook for 15-20 minutes, or until the cauliflower and potatoes are tender.

Adjust salt to taste and garnish with fresh coriander leaves before serving!

Palak Tofu
(Spinach Tofu)

Palak Tofu
(Spinach Tofu)

Palak Tofu is a tasty blend of greens and healthy plant-based protein, a vegan version of the classic Palak Paneer. This oil-free version keeps the vibrant green hues and rich flavours, making it a perfect dish for those who want to get more greens in their life!

INGREDIENTS

For the Marinated Tofu:

- 1 block firm tofu, cubed (280g)
- 2 tbsp corn starch
- ½ tsp turmeric
- ½ tsp red chilli powder
- 1 tsp ground cumin
- ½ tsp garam masala
- Salt to taste

For the Curry Seasoning:

- 1/2 tsp garam masala
- 1 tsp coriander powder
- 1-2 tsp sugar (adjust to taste)

For the Spinach Base:

- 4 packed cups of fresh spinach leaves, chopped
- 1 large onion, finely diced
- 2 medium tomatoes, finely chopped
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 1-2 green chillies, cut lengthwise (adjust to taste)
- ¼ cup water
- ¼ cup coconut milk

I - MARINATE THE TOFU

STEP - 1

In a bowl, combine the cubed tofu with corn starch, turmeric, red chilli powder, ground cumin, garam masala and salt. Toss well to ensure the tofu is evenly coated with the spices.

STEP - 2

Bake the tofu in the oven or air fryer ato 180 celsius for 20 minutes or until golden brown.

II - CURRY BASE

STEP - 1

Blanch the spinach leaves by boiling them in water for 2-3 minutes. Immediately drain and run the leaves under cold water to stop the cooking process. Blend the blanched spinach until smooth with ¼ cup water and ¼ cup coconut milk.

II - CURRY BASE

STEP - 2

In a non-stick pan, sauté the onion, garlic, and ginger until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 3

Add the tomatoes and green chillies to the pan. Cook until the tomatoes are soft and well-integrated.

STEP - 4

Transfer the onion-tomato mixture to a blender and blend until smooth. Return the blended mixture to the pan and combine it with the blended spinach.

III - FINALISING THE CURRY

STEP - 1

Stir in the garam masala, ground coriander, and sugar. Allow the spices to simmer and meld with the spinach base.

STEP - 2

Add the crispy tofu to the curry, stirring gently to combine.

STEP - 3

Cover and simmer for an additional 10-15 minutes to allow the flavours to fully integrate.

STEP - 3

Adjust salt and sugar to taste, and garnish with fresh coriander leaves before serving.

Saag Aloo
(Spinach Potatoes)

Saag Aloo (Spinach Potatoes)

Potatoes like you've never had before! Loaded with greens and delicious. The kids in our family especially love this dish. Our oil-free twist keeps all the deep, traditional flavours you love in this household favourite.

INGREDIENTS

For the Potatoes:

- 400g baby potatoes, halved
- 1 tsp cumin seeds
- 1 large onion, finely diced
- 3 cloves of garlic, minced
- 1 tsp garam masala
- 1 tsp turmeric
- Pinch of salt

For the Sauce:

- 400g spinach
- ½ cup water
- 1 large onion, finely diced
- 1 red chilli, diced
- 2 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 2 tomatoes, diced
- 2 tbsp garam masala
- 1 tbsp ground coriander
- 1 tsp turmeric
- 1 tsp ground fenugreek
- Pinch of salt
- ½ lemon
- Drizzle of plant-based yoghurt

COOKING POTATOES STEP - 1

Boil your baby potatoes. Meanwhile add cumin seeds to a dry pan and cook until they become fragrant and start to pop.

Add in a splash of water along with the onion and sauté for 5 mins or until translucent.

STEP - 2

Add in the garlic, salt, garam masala and turmeric and cook for a further 2 mins. Once the potatoes are tender, add them into the spicy onion mix and toss together to coat the potatoes. Be careful not to break the potatoes apart.

STEP - 3

Set aside and try not to scoff any while you're making the sauce!

CURRY BASE STEP - 1

Roughly chop 200g spinach and blend the remaining 200g spinach with ½ cup water until smooth.

For the sauce, add the onion to a pan with a splash of water, and sauté for 5 mins.

Add in the red chilli, garlic, ginger, tomatoes, garam masala, ground coriander, turmeric, fenugreek and salt. Cook for 5 minutes until it all comes together.

STEP - 2

Now add in the chopped spinach and stir for a couple of minutes. Add in the blended spinach liquid and stir for an additional 1-2 minutes.

STEP - 3

Add in the potatoes and gently mix. Cover and simmer for an additional 2-3 minutes to allow the flavours to fully integrate.

Adjust salt to taste, and garnish with lemon juice and a drizzle of plant-based yoghurt.

Sweet Potato Curry

Sweet Potato Curry

Sweet potato is a staple in our households, as it is low calorie density, packed with fibre and it so satisfying - so including this curry was a no-brainer. It's packed with vibrant spices and is the perfect comfort meal. We've kept this recipe light, but if you wanted to make it more indulgent, feel free to sub out the plant milk for full fat coconut milk instead.

INGREDIENTS

- 2 cups sweet potato, diced into 1-inch chunks
- ¼ tsp mustard seeds
- ½ tsp cumin seeds
- 1 large onion, finely diced
- 2 tomatoes, chopped
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 4-6 curry leaves
- 1 tsp ground coriander
- 1 tsp garam masala
- ½ tsp red chilli powder
- ¼ tsp turmeric
- ½ tsp salt
- 1 pinch of asafoetida (omit to make gluten-free)
- ½ - 1 cup water
- ¼ cup unsweetened plant milk
- Fresh coriander, roughly chopped
- A squeeze of lemon juice

STEP - 1

Add cumin and mustard seeds to a pan over medium heat and toast for 1-2 minutes or until fragrant and the seeds start to pop. Add a splash of water along with the onion, tomato, garlic, ginger and sauté for 5 minutes or until the onions are translucent.

STEP - 2

Add in the curry leaves, ground coriander, garam masala, red chilli powder, turmeric, salt, and asafoetida, and sauté for 2-3 minutes.

STEP - 3

Now add the diced sweet potatoes along with ½ - 1 cup of water (to cover the sweet potatoes) and cook for 10-15 minutes or until the sweet potato is cooked. You don't want it to be too mushy.

STEP - 4

Gently stir in the plant milk and mix well. Serve with fresh coriander and a squeeze of lemon juice.

Lobia Masala
(Black-Eyed Bean Curry)

Lobia Masala
(Black-Eyed Bean Curry)

This robust flavourful curry is made with black eyed beans and a tonne of spices that elevates the taste of the overall dish. The black-eyed bean, also called lobia or rongi in Hindi is quite an underrated legume. Try mixing up those legumes because as we know variety is the key to health!

INGREDIENTS

- 2 x 400g tins of black-eyed beans
- 1 cup of water
- 1 tsp cumin seeds
- 1 green chilli, diced
- 1 medium onion, diced
- 3 cloves of garlic, minced
- 1 inch thumb of ginger, minced
- 2 large tomatoes, chopped
- ½ tsp turmeric
- ½ tsp red chilli powder
- 1 tsp ground coriander
- 1 tsp garam masala
- 1 tsp salt

To serve
- Fresh coriander
- A squeeze of lemon juice

STEP - 1
In a non-stick pan over medium heat, add the cumin seeds and toast them briefly until aromatic.

STEP - 2
Add the onion, garlic, ginger and green chilli with a splash of water and sauté until the onions are translucent.

STEP - 3
Add in the tomatoes, turmeric, red chilli powder, ground coriander, garam masala and salt and sauté for 8-10 minutes until the tomatoes are soft.

Serve with fresh coriander and a squeeze of lemon.

STEP - 4
Add in the drained and rinsed black-eyed beans along with 1 cup of water. Put the lid on and cook for 5-10 minutes. Gently mash some of the black-eyed beans to thicken the curry and make it super creamy.

Jeera Aloo
(Cumin Potatoes)

Jeera Aloo
(Cumin Potatoes)

If you want to spice up your spuds, this is the recipe for you. This oil-free version captures the essence of this beloved Indian classic, where cumin seeds take centre stage. It's a quick and easy dish which is perfect for a lazy weeknight dinner, paired with one of our simple but delicious salads or veggie mains.

INGREDIENTS

- 4 medium potatoes, cubed
- 1 ½ tsp cumin seeds
- 1 inch piece of ginger, minced
- 1-2 green chillies, cut lengthwise (adjust to taste)
- ½ tsp red chilli powder
- 1/8 tsp asafoetida (omit to mke gluten free)
- ¼ tsp dried mango powder (amchoor)
- ½ tsp turmeric
- ½ tsp ground cumin
- 1 tsp ground coriander
- Salt to taste

To serve:

- Fresh coriander

STEP - 1

Boil your cubed potatoes until just fork tender. You do not want them to be mushy.

STEP - 2

Then in a non-stick pan over medium heat, add the cumin seeds. Toast them until they start to splutter and become aromatic.

STEP - 3

Add the ginger and green chillies to the pan and sauté for a minute. Stir in the cooked potatoes. Toss well to ensure the potatoes are coated with the toasted cumin seeds and chillies.

STEP - 1

Sprinkle the red chilli powder, asafoetida, amchoor, turmeric, ground cumin, ground coriander and salt over the potatoes. Mix well to evenly distribute the spices.

STEP - 2

Add a splash of water to the pan and cover with a lid. Allow the dish to steam for about 2-5 minutes to let the flavours meld together.

STEP - 3

Adjust salt to taste and serve with fresh coriander and lemon juice.

Vegetable Korma

Vegetable Korma

Vegetable Korma is a dish that is a wonderful way to pack in as many vegetables as possible. It's warm, comforting, creamy and goes great with rice or roti. Easy to make and perfect for special occasions or when you're in the mood for something extraordinary.

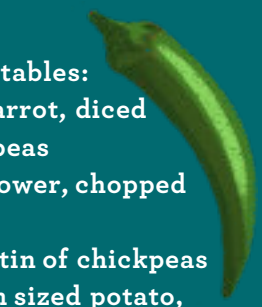
INGREDIENTS

For the Sauce:

- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1tsp coriander seeds
- 1 small stick of cinnamon
- 2 bay leaves
- 3 green cardamom pods
- 2 cloves
- 1 large onion, finely diced
- 1 x 400g tin of chopped tomatoes
- 3-4 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 1-2 green chillies, cut lengthwise (adjust to taste)
- 2 tsp garam masala
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp ground cinnamon
- ½ tsp turmeric
- ½ tsp ground nutmeg
- ½ tsp sugar
- Half a 400g tin of coconut milk (or light coconut milk)

For the Vegetables:

- 1 large carrot, diced
- 1 cup of peas
- ½ cauliflower, chopped small
- 1 x 400g tin of chickpeas
- 1 medium sized potato, cubed
- Salt to taste



STEP - 1

In a pan, boil the potatoes, carrot, and cauliflower until just tender. Drain and set aside.

In a non-stick pan over medium heat, add the cumin seeds, mustard seeds, coriander seeds, cloves, cardamom, bay leaves, and cinnamon stick. Toast them until they become aromatic.

STEP - 2

Add the onion, green chilli, garlic, and ginger to the pan with a splash of water. Sauté until the onions become translucent.

STEP - 3

Stir in the garam masala, ground cumin, ground coriander, ground cinnamon, turmeric, ground nutmeg, and sugar. Cook for 1 minute.

STEP - 1

Add the chopped tomatoes and mix well. Cook for a couple of minutes and transfer the mixture to a blender along with the coconut milk.

STEP - 2

Remove about 1 cup of the cooked cauliflower and add to the blender. Blend until smooth.

STEP - 3

Pour the blended sauce into a pan over a medium heat. Add the rest of the cooked vegetables, the chickpeas, and the peas. Cook for 5 minutes.

Adjust salt to taste and serve hot with rice or naan.

Khichdi

Khichdi

India's ultimate comfort food! Khichdi is a healthy Indian dish made with rice and moong dal lentils. This simple and humble dish is commonly given to babies and to people feeling a bit ill. It is cheap, filling, easy to make, full of nutrients, fibre, packed full of flavour and can be a fantastic meal to accompany veggies.

INGREDIENTS

- 1 tsp cumin seeds
- 1 bay leaf
- 1 inch piece of ginger, minced
- 1 small onion, diced
- 2 cloves of garlic, minced
- 1 green chilli or ½ tsp chilli powder
- 1 tomato, chopped
- 1/8 tsp of asafoetida (omit to make gluten-free)
- ½ tsp turmeric
- ½ cup rice
- ½ cup moong dal (or any other lentils)
- Salt to taste
- 4 cups of water (adjust for desired thickness)
- Handful of fresh coriander, chopped

STEP - 1

In a non-stick pan over medium heat, add the cumin seeds and bay leaf. Toast them until they become aromatic and the seeds start to pop.

STEP - 2

Add the onion, garlic and ginger to the pan. Sauté until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 3

Stir in the tomatoes and green chillies. Cook until the tomatoes are soft and well-integrated. Add in the asafoetida, salt and turmeric and cook for a further 1-2 minutes.

STEP - 4

Add the rice and dal along with 4 cups of water. Bring water to the boil and cook on medium heat until the lentils and rice are soft and mushy, adding more water as needed.

Lightly mash everything together so you get a thicker consistency and serve with coriander.

Punjabi
Kadhi

Punjabi Kadhi

Kadhi is a creamy, tangy, and slightly spicy gravy made from plant-based yoghurt and chickpea flour. It's often enjoyed with rice or flatbreads and is known for its comforting warmth. Kadhi is a soul-satisfying staple in Punjabi households, traditionally featuring deep-fried pakoras. Our version is oil free, low-calorie density, high in protein and fantastic for the taste buds!

INGREDIENTS

For the Pakoras:

- 2-3 medium-sized onions, sliced
- ½ tsp red chilli powder
- 1/2 tsp crushed carom seeds (ajwain)
- A small handful of fresh coriander, chopped
- 1 tbsp crushed coriander seeds
- 1 cup chickpea flour (besan)
- ¼ cup water, as required
- 1/4 tsp baking soda
- 1 tsp dry mango powder (amchoor)
- Salt to taste

For the Curd Mixture:

- 2 cups unsweetened plant-based yoghurt
- 1/3 cup chickpea flour (besan)
- 1 tsp turmeric
- 3 tbsp coriander seeds
- ½ tsp red chilli powder
- 3-4 cloves of garlic, minced
- 1 inch piece of ginger, minced
- Salt to taste
- 4 cups of water (Adjust accordingly)

For the Kadhi:

- 1 large onion, sliced
- 1 tsp cumin seeds
- ½ tsp fenugreek seeds (methi seeds)
- 8-10 curry leaves
- 2 dry red chillies – broken and seeds removed
- ¼ tsp asafoetida (omit to make gluten-free)
- A small handful of fresh coriander for garnish

I - PREPARING THE CURD

STEP - 1

In a large bowl, combine plant-based yogurt, chickpea flour, turmeric powder, crushed coriander seeds, red chilli powder, garlic, ginger and salt.

STEP - 2

Gradually add the water while whisking to form a smooth, lump-free mixture. Set aside.

II- PAKORAS

STEP - 1

Preheat your oven to 190°C (375°F). In a separate bowl, combine all the ingredients for the pakoras and mix well.

STEP - 2

Shape the batter into small balls and place them on a parchment-lined baking sheet.

STEP - 3

Bake for 20-25 minutes, until golden brown.

III - COOKING THE KADHI

STEP - 1

In a large non-stick pan over medium heat, toast the cumin seeds, fenugreek seeds, curry leaves, and red chillies until aromatic.

STEP - 2

Add the onion and a splash of water. Sauté until the onions become translucent.
Add the prepared curd mixture to the pot along with the asafoetida.

STEP - 3

Bring the mixture to a boil on high heat, stirring continuously.

STEP - 4

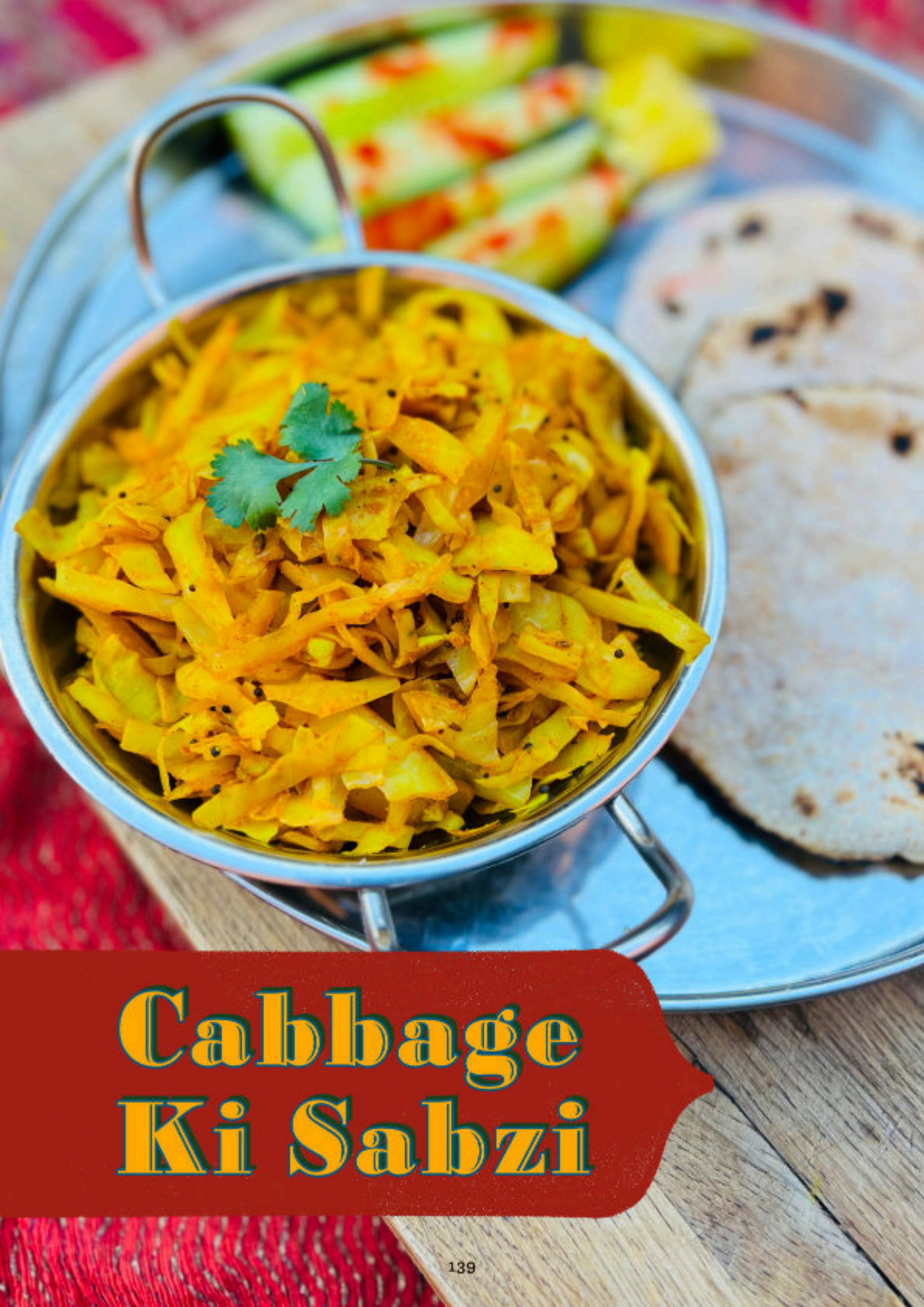
Once it boils, reduce the heat to low, cover, and simmer for 30-35 minutes, stirring occasionally.

STEP - 5

Add the baked pakoras to the Kadhi and garnish with fresh coriander leaves.

Sabzi
(Vegetable Mains)

We want to show you that veggies don't have to be boring and can even be the star of the show, because we know just how important those low-calorie density, high nutrient, non-starchy veggies are for health and weight loss. These veggies mains are perfect for pairing with our starchy mains or sides to create that perfectly balanced 50/50 plate, which will help you get lean whilst enjoying incredible flavours. You could even preload with these veggie mains before a meal to maximise your weight loss. Whether you're a seasoned veggie lover or just starting to explore plant-based eating, these mains are easy to make and so good.



Cabbage Ki Sabzi

Cabbage Ki Sabzi

Cabbage Ki Sabzi is a dish that transforms the humble cabbage into an incredible flavour bomb. It's a simple, easy to throw together side to accompany your starchy mains, rice or roti.

INGREDIENTS

- 4 cups of cabbage, thinly sliced
- 1 large onion, finely diced
- 1-2 green chillies, cut lengthwise (adjust to taste)
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- Salt to taste
- Water as needed
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- ½ tsp red chilli powder
- ¼ tsp turmeric
- ½ tsp garam masala
- Salt to taste
- Fresh coriander leaves

STEP - 1

In a non-stick pan over medium heat, add the mustard seeds and cumin seeds. Toast them until they start to splutter and become aromatic.

STEP - 2

Add the finely chopped onion, garlic, chillies and ginger to the pan. Sauté with a splash of water until the onions become translucent.

STEP - 3

Add the cabbage to the pan. Toss well to combine with the onion base.

STEP - 4

Sprinkle the red chilli powder, turmeric powder, and garam masala over the cabbage. Mix well to evenly distribute the spices.

STEP - 5

Add a splash of water to the pan, just enough to create some steam.
Cover the pan with a lid and let it steam for 10-15 minutes, or until the cabbage is tender but not mushy!

Gobi Matar
(Cauliflower Peas)

Gobi Matar
(Cauliflower Peas)

One of the most exciting ways to get cauliflower into your diet, brought to life by green peas and a medley of spices. It may look like a simple recipe, but it is delicious, comforting and packed with flavour. Serve with rice and dal or use as a great option to pre-load before dinner.

INGREDIENTS

For the Seasoning:
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1/2 tsp red chilli powder
- 1/4 tsp turmeric
- 2 tsp garam masala
- Salt to taste

For the Gobi Mutter:
- 1 medium cauliflower, cut into florets
- 1 cup green peas, fresh or frozen
- 1 large onion, finely diced
- 2 medium tomatoes, finely chopped
- 1-2 green chillies, slit lengthwise (adjust to taste)
- 3 cloves garlic, minced
- 1-inch piece of ginger, minced
- Water as needed

STEP - 1
In a non-stick pan over medium heat, add the mustard seeds and cumin seeds. Toast them until they start to splutter and become aromatic.

STEP - 2
Add the onion, garlic, and ginger to the pan. Sauté until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 3
Stir in the tomatoes and green chillies. Cook until the tomatoes are soft and well-integrated.

STEP - 4
Add the cauliflower florets and green peas to the pan. Toss well to combine with the onion-tomato base.

STEP - 5
Sprinkle the red chilli powder, turmeric, and garam masala over the cauliflower and peas. Mix well to evenly distribute the spices. Add a splash of water to the pan, just enough to create some steam. Cover the pan with a lid and let it steam for 8-10 minutes, or until the cauliflower and peas are tender but not mushy.

Bean and Carrot Sabzi

Bean and Carrot Sabzi

INGREDIENTS

- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 2 cups green beans, trimmed and cut into 1-inch pieces
- 2 cups carrots, peeled and diced
- 1 large onion, finely diced
- 1-2 green chillies, cut lengthwise (adjust to taste)
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- Water as needed
- ½ tsp red chilli powder
- ¼ tsp turmeric
- 2 tsp garam masala
- Salt to taste

Green Bean and Carrot Sabzi is a vibrant and nutritious dish that brings together the crunch of green beans and the sweetness of carrots. This is another one of our go-to meals for our non-starchy veggies. It's a dish that's easy to make, quick, cheap and tasty, making it a fantastic addition to any meal.

STEP - 1

In a non-stick pan over medium heat, add the mustard seeds and cumin seeds. Toast them until they start to splutter and become aromatic.

STEP - 2

Add the onion, garlic, and ginger to the pan. Sauté until the onions become translucent. Add a splash of water to prevent sticking, if needed. Stir in the green chillies, followed by the green beans and carrot rounds. Toss well to combine with the onion base.

STEP - 3

Sprinkle the red chilli powder, turmeric, and garam masala over the vegetables. Mix well to evenly distribute the spices. Add a splash of water to the pan, just enough to create some steam.

STEP - 4

Cover the pan with a lid and let it steam for 5-10 minutes, or until the green beans and carrots are tender but still have a bit of crunch. Adjust salt to taste and give it a final stir before serving.

Palak Sabzi
(Spinach)

Palak Sabzi
(Spinach)

If you only eat spinach cause you think it's good for you, you must try this recipe. This is a simple yet flavourful dish where spinach is the hero! The perfect low-calorie density side to mains like Chana Masala or Tadka Dal.

INGREDIENTS

- 1 tsp mustard seeds
- 1 tsp cumin seeds
- ½ tsp asafoetida (omit to make gluten-free)
- 4 cups spinach leaves, washed and roughly chopped
- 1 large onion, finely diced
- 1-2 green chillies, cut lengthwise (adjust to taste)
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- Water as needed
- ¼ tsp turmeric
- ½ tsp red chilli powder
- Salt to taste

STEP - 1

In a non-stick pan over medium heat, add the mustard seeds and cumin seeds. Toast them until they start to splutter and become aromatic.

STEP - 2

Add the asafoetida and stir for a few seconds. Add the finely chopped onion, garlic, and ginger to the pan. Sauté until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 3

Stir in the green chillies and the roughly chopped spinach leaves. Toss well to combine with the onion base.

STEP - 4

Sprinkle the turmeric, red chilli powder and salt over the spinach. Mix well to evenly distribute the spices.

STEP - 5

Add a splash of water to the pan, just enough to create some steam.
Cover the pan with a lid and let it steam for 5-7 minutes, or until the spinach is wilted but still vibrant.
Adjust salt to taste and give it a final stir before serving!

Beetroot Sabzi

Beetroot Sabzi

Beetroot Sabzi is a bright, tasty dish that shows off beetroot's earthy sweetness. Packed with health benefits like lowering blood pressure and boosting heart health, it's as good for you as it looks. Perfect for adding a splash of colour and a dose of nutrition to your meals.

INGREDIENTS

- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 4 medium beetroots, peeled and grated or finely chopped
- 1 large onion, finely diced
- 1-2 green chillies, cut lengthwise (adjust to taste)
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- Water as needed
- ½ tsp red chilli powder
- ¼ tsp turmeric
- 2 tsp garam masala
- Salt to taste

STEP - 1

In a non-stick pan over medium heat, add the mustard seeds and cumin seeds. Toast them until they start to splutter and become aromatic.

STEP - 2

Add the onion, garlic, and ginger to the pan. Sauté until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 3

Stir in the green chillies and the grated or finely chopped beetroot. Toss well to combine with the onion base.

STEP - 4

Sprinkle the red chilli powder, turmeric, and garam masala over the beetroots. Mix well to evenly distribute the spices.

STEP - 5

Add a splash of water to the pan, just enough to create some steam.
Cover the pan with a lid and let it steam for 10-15 minutes, or until the beetroots are tender but still have a bit of crunch.
Adjust salt to taste and give it a final stir before serving.

Mushroom Matar
(Mushroom Peas)

Mushroom Matar
(Mushroom Peas)

Mushroom Mattar is the perfect combination of earthy flavours of mushrooms with the sweetness of green peas. It is oil free, cheap to make and only takes 20 mins to throw together. It is one of our favourite side dishes for an easy week night dinner when time is tight.

INGREDIENTS

- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 2 cups mushrooms, sliced
- 1 cup green peas, fresh or frozen
- 1 large onion, finely diced
- 2 medium tomatoes, finely chopped
- 1-2 green chillies, cut lengthwise (adjust to taste)
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- Water as needed
- ½ tsp red chilli powder
- ¼ tsp turmeric
- 1 tsp ground coriander
- 1 tsp garam masala
- Salt to taste
- Optional extras:
  Fresh coriander leaves
  A drizzle of plant-based yoghurt

STEP - 1
In a non-stick pan over medium heat, add the mustard seeds and cumin seeds. Toast them until they start to splutter and become aromatic.

STEP - 2
Add the finely chopped onion, garlic, and ginger to the pan. Sauté until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 3
Stir in the finely chopped tomatoes and green chillies. Cook until the tomatoes are soft and well-integrated.

STEP - 4
Add the red chilli powder, turmeric, and garam masala to the onion-tomato mixture. Stir well to combine and cook for another 2-3 minutes, allowing the spices to meld with the base.

STEP - 5
Add the mushrooms and green peas to the spiced onion-tomato mixture. Toss well to combine. Add a splash of water to the pan, just enough to create some steam

STEP - 6
Then cover the pan with a lid and let it steam for 10-15 minutes, or until the mushrooms are tender and the peas are cooked through. Serve with fresh coriander and a tbsp of plant based yogurt

Baingan Ka Bharta
(Smokey Aubergine)

Baingan Ka Bharta
(Smokey Aubergines)

INGREDIENTS

- 3 large aubergines (baingan)
- 2 onions, finely diced
- 3 medium tomatoes, finely chopped
- 2-3 green chillies, cut lengthwise (adjust to taste)
- 4-5 cloves of garlic, minced
- 1 inch piece of ginger, minced
- Water as needed
- 1 tsp cumin seeds
- 1 tsp red chilli powder
- ½ tsp turmeric
- 2 tsp garam masala
- Salt to taste
- Optional Garnish:
- Fresh coriander leaves, roughly chopped

Baingan ka Bharta is a rustic and smoky dish that celebrates the humble aubergine. Whether you roast the aubergine on an open flame or in an oven, this dish is sure to transport you to the heart of India. A true sensory showstopper - taste, smell, texture, looks, this dish has it all!

I - ROASTING AUBERGINE

STEP - 1 - GAS STOVE METHOD

Poke a few holes in each aubergine and place directly on the open flame of a gas stove. Turn occasionally to ensure even roasting.
Once the skin is charred and the flesh feels soft, remove from flame and let it cool.

STEP - 1 - OVEN METHOD

Preheat the oven to 200°C (390°F)
Poke a few holes in each aubergine and place on a baking sheet and roast for 35-40 minutes, or until the skin is charred and the flesh is soft. Remove from the oven and let it cool.

II- PREPARING THE DISH

STEP - 1

Once the roasted aubergines are cooled, peel off the charred skin and mash the flesh. Set aside.

STEP - 2

In a non-stick pan over medium heat, add the cumin seeds. Toast them until they become aromatic.
Add the finely chopped onions, garlic, and ginger. Sauté until the onions become translucent. Add a splash of water to prevent sticking, if needed.

STEP - 3

Stir in the tomatoes and green chillies. Cook until the tomatoes are soft and well-integrated. Add the red chilli powder, turmeric powder, and garam masala. Stir well to combine.

STEP - 4

Add the mashed aubergine to the spiced onion-tomato mixture. Mix well and let it cook for another 5-7 minutes, then you're ready to serve!

Bhindi Masala (Okra)

Bhindi Masala (Okra)

Many people consider okra as 'that slimy vegetable' and if you're one of those people who is scared to cook okra for that reason, look no further! This dish is all about bold flavours and great textures, mixing the soft perfectly cooked okra with a spicy, tangy tomato-based sauce. It's a dish that packs a punch with every bite, perfect for anyone looking to add some excitement to their meal with a hit of Indian spice.

INGREDIENTS

- 4 cups okra (bhindi), washed, dried, and cut into 1-inch pieces
- 1 large onion, finely diced
- 2 medium tomatoes, finely chopped
- 1-2 green chillies, finely chopped (adjust to taste)
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- Water as needed
- ½ tsp cumin seeds
- ½ tsp red chilli powder
- ¼ tsp turmeric
- 1 tsp garam masala
- Salt to taste

Optional Garnish:

- Fresh coriander leaves, roughly chopped

STEP - 1

In a non-stick pan over medium heat, add the cumin seeds. Toast them until they start to splutter and become aromatic.

STEP - 2

Add the finely chopped onion, garlic, and ginger to the pan with a splash of water. Sauté until the onions become translucent. Stir in the finely chopped tomatoes and green chillies. Cook until the tomatoes are soft and well-integrated.

STEP - 3

Add the red chilli powder, turmeric, and garam masala to the onion-tomato mixture. Stir well to combine and cook for another 2-3 minutes, allowing the spices to meld with the base.

STEP - 4

Add the okra to the spiced onion-tomato mixture. Toss well to combine. Add a splash of water to the pan, just enough to create some steam.

STEP - 2

Cover the pan with a lid and let it steam for 10 minutes, or until the okra is tender but still has a bit of crunch.
Adjust salt to taste and give it a final stir before serving

Salads

If you are in a salad rut, we have got you covered. This section will help you fall in love with salads all over again. Salads are a fantastic way to get more veggies and fruits into your life,
and trust us, they do not have to be boring. These salads are jam packed with crunch, texture, flavour, and are perfect for pairing with a starchy main or quick bite for a fantastic

Simple Mixed
Salad

Simple Mixed Salad

Let's start with the basics. This simple salad is the most popular salad served in India. It accompanies any meal in restaurants or in traditional households. If you're short on time and want to make sure you don't miss those veggies, this takes a few minutes to throw together and adds freshness to your meal.

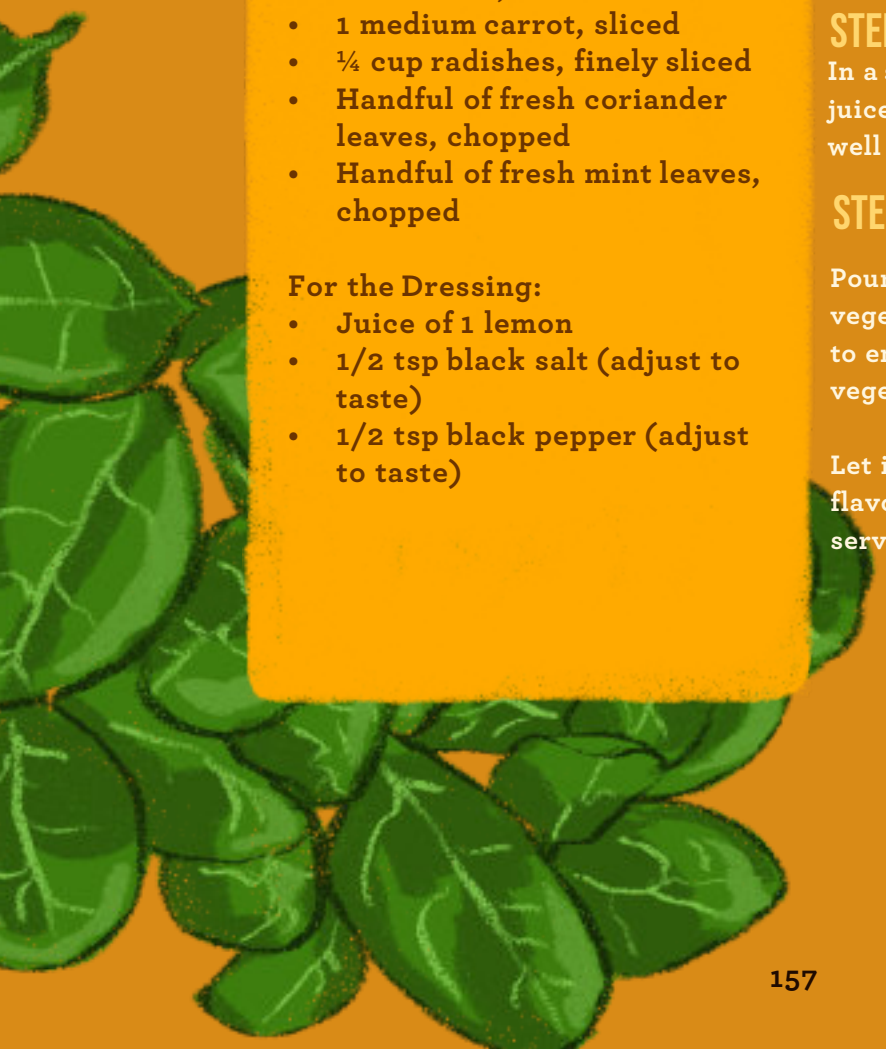
INGREDIENTS

For the Salad:

- 1 small onion, diced
- ½ cucumber, diced
- 2 tomatoes, diced
- 1 medium carrot, sliced
- ¼ cup radishes, finely sliced
- Handful of fresh coriander leaves, chopped
- Handful of fresh mint leaves, chopped

For the Dressing:

- Juice of 1 lemon
- 1/2 tsp black salt (adjust to taste)
- 1/2 tsp black pepper (adjust to taste)



STEP - 1

In a large mixing bowl, combine the onion, cucumber, tomato, carrot, radish, fresh coriander and mint leaves. Toss well to mix.

STEP - 2

In a small bowl, mix together the lemon juice, black salt, and black pepper. Stir well until the salt is dissolved.

STEP - 3

Pour the dressing over the mixed vegetables in the large bowl. Toss well to ensure that the dressing coats all the vegetables evenly.

Let it sit for 10-15 minutes to let the flavours meld. Give it another mix and serve.

Chana Chaat
Salad

Chana Chaat Salad

This is one of our favourite salads, a classic Indian street food staple packed with crispy chickpeas, fresh veggies and a fun twist on a classic sweet and spicy dressing. A colourful, healthy and fun salad you can make in minutes. The chaat masala gives this salad an incredible flavour and the addition of the chickpeas make it the perfect light lunch or side to your mains.

INGREDIENTS

For the Salad:

- 2 cups romaine lettuce, chopped
- 1 tomato, diced
- 1/3 cucumber, diced
- 1/2 cup bell pepper, diced
- 1/3 cup red onion, diced
- 1/4 cup fresh coriander, roughly chopped

For the Crispy Chickpeas:

- ½ 400g tin chickpeas
- 1/4 tsp ground cumin
- 1/4 tsp chaat masala
- salt to taste

For the Dressing:

- 3 tbsp lemon or lime juice
- 1/2 tsp salt
- 1 apple, chopped
- 1/2 tsp ground cumin
- 1/2 tsp chaat masala
- 2 medjool dates, pitted
- a splash of water

STEP 1 - THE CRISPY CHICKPEAS

Preheat your oven at 180°C (350°F). Rinse and drain the chickpeas and pat them dry with a paper towel. Add in a bowl and mix in the ground cumin, chaat masala and salt and roast them in the oven for 20-30 minutes or until crispy.

STEP 2 - THE SALAD

Meanwhile add the romaine, tomato, cucumber, bell pepper, red onion and fresh coriander to a bowl and mix well.

STEP 3 - THE DRESSING

Add the lemon juice, salt, garlic, apple, ground cumin, chaat masala, medjool dates and a splash of water to a blender and blend until smooth. Assemble the salad by adding the crispy chickpeas and the dressing on top of the fresh veggies. Serve with an extra sprinkle of fresh coriander.

Moong Dal Chaat
Salad

Moong Dal Chaat Salad

This is an iconic Indian street food snack that is often enjoyed for breakfast. Moong Dal Chaat is packed with lentils, fresh vegetables and so much flavour. It is the perfect high fibre, high protein, super satisfying low-calorie density meal and can be great for weekly meal preps.

INGREDIENTS

- 3/4 cup moong dal
- 3 cups water
- salt to taste
- 1 carrot, grated
- ¼ cup red onion, diced
- ¼ cup pomegranate seeds or a sliced apple
- 1 medium tomato, diced
- 2 tbsp coriander leaves
- 2 tbsp mint leaves, minced
- 1/2 green chilli, de-seeded and diced
- Juice of half a lemon
- ½ tsp chaat masala
- ½ tsp ground cumin
- 1/4 tsp paprika
- 1 inch piece of ginger, minced
- salt to taste

STEP - 1

Wash and soak moong dal in boiling water for 15 minutes.
In a pan boil 3 cups of water and add in the soaked moong dal with salt. Cook for 4-5 minutes so that is it half cooked.

STEP - 2

You do not want them to be mushy at all as we are using the lentils for a salad and want them to retain their shape.

STEP - 3

Once half cooked, drain the remaining water and let the hot lentils cool for 10 minutes (where they will continue to cook).
In a large bowl add in the salad ingredients, then mix the lemon juice, chaat masala, ground cumin, paprika, ginger and salt to form a dressing and drizzle over the top of the salad. Mix well to combine.

STEP - 4

Add in the cooled moong dal and stir together gently and serve.

Kachumber
Salad

Kachumber Salad

Kachumber salad is made to serve as a side with everyday meals. This naturally oil free simple salad is made with fresh crunchy veggies and is therefore the perfect way to cool the body to help tone down the heat of a spicy curry or Indian summers. If you are in a salad rut, you must try this one out!

INGREDIENTS

- 1 small onion, diced
- 2 medium tomatoes, diced
- 1 large cucumber, diced
- ½ tsp cumin powder
- ¼ tsp red chilli powder
- 1 tbsp mint leaves, chopped
- 1/3 cup fresh coriander, chopped
- 1 tsp lemon juice
- 1/4 tsp black pepper
- A pinch of black salt (or regular salt)

STEP - 1

In a large bowl combine the onion, tomato, cucumber, fresh mint and fresh coriander.

STEP - 2

In a separate bowl mix together the ground cumin, chilli powder, lemon juice, black pepper and black salt to form a dressing and drizzle over the top of the salad. Mix well to combine.

Let the salad sit for 5-10 minutes to allow the flavours to meld together and serve.

Beetroot
Salad

Beetroot Salad

Beetroot has an incredible array of health benefits. It contains powerful antioxidants which help reduce the risk of heart disease, supports gut health and helps to lower blood pressure. If you don't like beets, then you are sure to love them prepared this way. It is so easy and fast to throw together and is the perfect snack or addition to a meal.

INGREDIENTS

- ½ cup cooked moong dal
- 2 cups of water
- 1 cup grated fresh beetroot
- ¼ cup grated fresh coconut
- 1 green chilli, de-seeded and diced
- 2 tbsp lemon juice
- ¼ tsp salt (adjust to taste)
- 3 tbsp coriander leaves

Optional extras:

- 1 small carrot, grated
- ¼ cup cucumber. diced
- 2 tbsp diced onion

STEP - 1

Wash and soak moong dal in boiling water for 15 minutes.
In a pan boil 2 cup water and add in the soaked moong dal with salt. Cook for 4-5 minutes so that is it half cooked. You do not want them to be mushy at all.

STEP - 2

Once half cooked, drain the remaining water and let the hot lentils cool for 10 minutes (where they will continue to cook).

STEP - 3

Add the remaining ingredients to a bowl along with the cooked moong dal and drizzle over the lemon juice. Mix well and serve.

Spicy Mango
Salad

Spicy Mango Salad

This flavour-bursting, healthy mango chickpea salad has it all! It's sweet, salty, hearty, packed with protein and satisfying. It could be served as a side, with naan or roti, or can be eaten as a complete meal.

INGREDIENTS

For the Salad:

- 1 cup cooked chickpeas
- 1 large ripe mango, sliced
- 2 tomatoes, halved and sliced
- ½ cucumber, diced
- ¼ cup red onion, diced
- 1 green chilli, de-seeded and diced
- ½ cup chopped fresh coriander

For the Dressing:

- 1 tsp ground cumin
- 1 clove of garlic, minced
- 1 tsp ground coriander
- ½ tsp ground fennel
- 2 tbsp lemon juice
- 1 tsp salt
- ¼ tsp black pepper
-

STEP - 1

In a large mixing bowl add all the salad ingredients. Toss well to mix.

STEP - 2

In a separate bowl, add the ground cumin, garlic, ground coriander, ground fennel, lemon juice, salt and black pepper to form a dressing. Drizzle over the top of the salad and mix well.

STEP - 3

Let the salad sit for 5-10 minutes to allow the flavours to meld together and serve.

Bombay Carrot
Salad

Bombay Carrot Salad

This Indian spiced carrot salad is refreshing, so fast to throw together and extremely addictive! A fantastic way to spice up the common carrot stick with a tonne of flavour and texture. Veggies do not have to be boring!

INGREDIENTS

- 1 ½ cup carrot, grated
- ¼ cup shredded coconut
- ½ tsp lemon juice
- ¼ cup fresh coriander, roughly chopped
- ½ tsp mustard seeds
- 1 pinch of asafoetida (omit to make gluten-free)
- 1 small green chilli, deseeded and finely diced
- 5-6 curry leaves
- 1 inch piece of ginger, minced
- Salt to taste

Optional Extras:

- 1 tbsp peanuts, chopped

STEP - 1

In a non-stick pan over medium heat fry the mustard seeds, curry leaves, asafoetida and green chilli for 2-3 minutes or until the mustard seeds start to pop. Set aside.

STEP - 2

n a large bowl mix together the carrot, fresh coconut, lemon juice, fresh coriander and ginger. Add in the toasted spices and mix well.

STEP - 3

Let the salad sit for 5-10 minutes to allow the flavours to meld together. This step is optional but recommended to enhance the flavours. Serve with an optional sprinkle of chopped peanuts!

Soups

Soups are amazing in every way. They are delicious, cheap, and easy to throw together. These hot little bowls of comfort are beautifully warming and satisfying, whilst also being packed full of nutrient-rich veggies. They also happen to be low in calorie density and fantastic for weight loss. This is because they are full of water, meaning they are high in volume and low in calories. Our soups range from light and refreshing to rich and hearty, perfect for starting a meal or serving as the main course... especially if you want to get one of our oil-free naans or rotis involved! They're filled with the goodness of vegetables, legumes, and spices. So, if you are looking to lose weight eating HUGE volumes, make sure to get those soups in!

Mushroom Spinach Soup

Mushroom Spinach Soup

One of Sniggs' childhood memories is having this soup in the evenings made by her mum, it has a special place in our hearts, and we wanted to share it with you all. The earthy mushrooms along with the broccoli and spinach in a spicy peppery soup is a fantastic combo. If you're like a baby Sniggs who was fussy with her veggies, this is a great way to get them in!

INGREDIENTS

- 1 onion, diced
- 3 cloves of garlic, minced
- 1 head of broccoli, chopped
- 2 medium potatoes, chopped
- 500g of mushrooms, chopped
- 3 cups of water
- 4 cups of spinach, roughly chopped
- ½ 400g tin of butter beans
- 1 bay leaf
- ½ tsp black pepper
- Salt to taste
- Unsweetened plant-based yoghurt to serve

STEP - 1

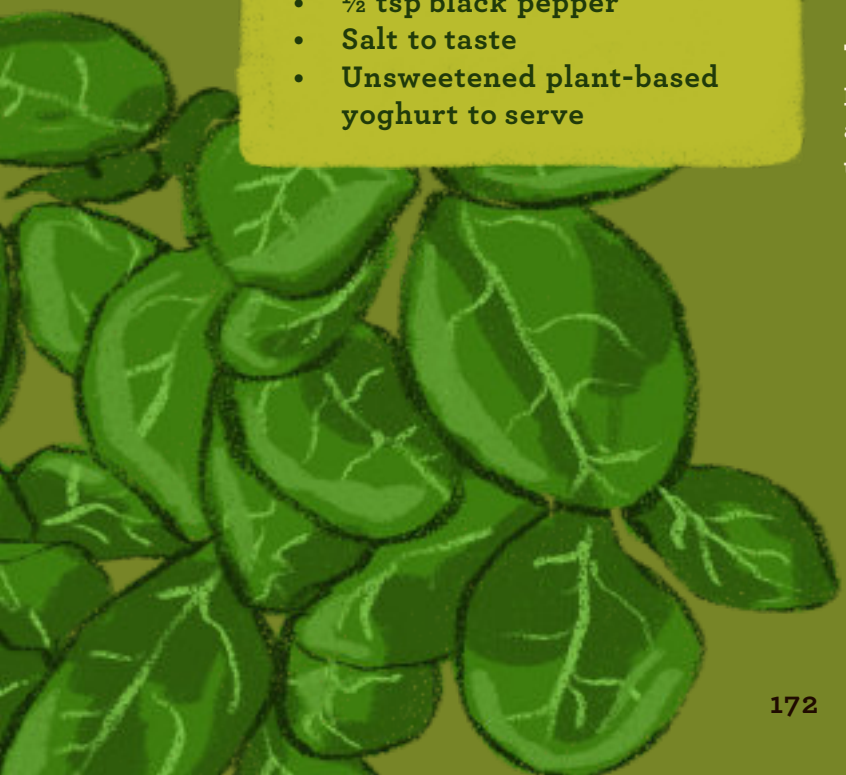
Add the onion and garlic to a pan over medium heat along with a splash of water and sauté for 4-5 minutes until translucent.

STEP - 2

Add in potatoes, broccoli, mushrooms, bay leaf, black pepper, butter beans and water and let it cook for 10 minutes or until the potatoes are tender.

STEP - 3

Then add in the spinach and salt and pepper as required. Blend until smooth and creamy. Serve hot with a swirl of unsweetened plant-based yoghurt.



Tomato Shorba

Tomato Shorba

Tomato Shorba is a popular and easy to make Indian spiced soup, featuring tangy tomatoes, herby coriander leaves, and some fragrant Indian spices. It is often eaten as a starter on a cold winter day and is a fantastic option for preloading!

INGREDIENTS

- 2 bay leaves
- 2 cloves
- 2 cardamom pods
- 1 tsp cumin seeds
- 1 tsp chickpea flour
- 2 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 2 tbsp coriander stems, chopped
- 3 large tomatoes, chopped
- ¼ tsp turmeric
- ½ tsp red chilli powder
- ½ tsp ground coriander
- ½ tsp ground cinnamon
- ¼ tsp black pepper, crushed
- ¾ tsp salt
- ½ tsp sugar, optional
- 2 cups water
- Handful of fresh coriander leaves, finely chopped

STEP - 1

In a non-stick pan over medium heat, dry fry the bay leaf, cloves, cardamom pods and cumin seeds. When it becomes fragrant and the cumin starts to pop, add in the garlic and ginger with a splash of water and sauté for a few minutes.

STEP - 2

Then add the chickpea flour and cook for 2 minutes. Add in the fresh coriander stems and tomatoes. Sauté for a few minutes until the tomatoes start to break down.

STEP - 3

Add in the remaining ingredients – ground cinnamon, turmeric, chilli powder, ground coriander, black pepper, salt, sugar and water, cover and cook for 25-30 minutes. Remove the bay leaves blend until smooth by transferring it to a blender or by using a stick blender.

STEP - 4

Garnish with fresh coriander, a swirl of plant-based yoghurt and enjoy with our Millet Pav or our Red Lentil Bread Rolls.

Sweetcorn Soup

Sweetcorn Soup

This Indo-Chinese creamy sweetcorn soup has the perfect balance of sweet and savoury, as well as starchy and non-starchy veggies. It brings back memories of eating out in Delhi, ordering this as a starter, before eating copious amounts of dal...good times! Eat it as a light snack, for brunch, as a starter, or eat a vat full as a main, no judgement here either way. Feel free to use fresh, frozen or canned sweetcorn – totally up to you.

INGREDIENTS

- 1 medium onion, finely diced
- 4-5 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 3 carrots, diced
- 1 cup of chopped green beans
- 1 cup of mixed vegetables (optional – use your favourites)
- 1 cup of sweetcorn
- 2/3 cup sweetcorn (for the paste)
- 3 cups water or veggie broth (can adjust based on preference)
- 1 ½-2 tbsp corn starch
- ½ tsp maple syrup
- Salt and pepper to taste
- 1 tsp vinegar (optional)

STEP - 1

In a blender, combine the 2/3 cup of sweetcorn with a little water. Blend until you get a smooth paste. Set aside.

STEP - 2

In a large saucepan over medium heat, add the onion, garlic, and ginger. Add a splash of water to prevent it from sticking or burning. Sauté until the onions become slightly translucent.

STEP - 3

Toss in the carrots, green beans and 1 cup of sweetcorn. Feel free to add any other vegetables of your choice for added texture and flavour. Pour the sweetcorn paste into the pan along with the maple syrup. Give it a good stir and ensure everything is mixed well and add in the 3 cups of water or veggie broth.

STEP - 4

In a separate bowl, mix the cornflour with a bit of water to create a lump-free corn slurry. Add this slurry to the pan, stirring well to integrate.

STEP - 5

Bring everything to the boil and reduce the heat, letting your soup simmer for about 5-6 minutes. This allows the flavours to meld and the soup to thicken slightly. Add in the optional vinegar and season with salt and pepper to taste and serve.

Cauliflower Turmeric Soup

Cauliflower Turmeric Soup

Sunshine in a bowl! This creamy, golden Cauliflower Turmeric Soup is packed with goodness. Turmeric has so many health benefits including being a potent anti-inflammatory and antioxidant. The perfect easy weeknight dinner that is comforting and tastes amazing.

INGREDIENTS

- 1 onion, diced
- 3 cloves of garlic, minced
- 1 inch piece of ginger, minced
- 1 head of cauliflower, chopped
- 1 medium potato, diced
- 4 cups of water or veggie broth
- ½ tsp turmeric
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- 1/3 cup light coconut milk (optional)

To Serve:

- Plant-based yoghurt
- Squeeze of lime juice
- Fresh coriander, roughly chopped
- Sprinkle of nigella seeds

STEP - 1

Heat a non-stick pan over medium heat. Add in the onion, garlic, and ginger with a splash of water and sauté for 5 minutes or until the onions become translucent. Stir in the turmeric, ground cumin, ground coriander and garam masala and let it cook for another 2 minutes.

STEP - 2

Add the cauliflower, potato, water or veggie broth and optional light coconut milk to the pan. Cover and let it cook for 10-15 minutes, or until the potatoes are tender.

STEP - 3

Blend until smooth and creamy. Serve with a swirl of plant-based yoghurt, a squeeze of lime, fresh coriander and some nigella seeds.

Puddings

Alright, who's ready for dessert? In this part of the book, we've got all the sweet stuff. Our puddings and desserts are easy, tasty, and yes, they're all vegan, oil-free and great for weight loss. We've got something for everyone, whether you like your sweets rich and creamy or light and fruity. Most traditional Indian treats are made using a lot of ghee/oil, sugar and cream. However, we have worked hard, and employed oodles of creativity in the kitchen, to bring you our healthy take on our favourite Indian classics.

Date Paste

Dates are nature's sweetener and we use date paste in place of the sugar or jaggery typically found in many Indian desserts. Date paste is simple to make and can be made in advance and stored in the fridge in an airtight container for up to a month.

INGREDIENTS

- 20 medjool dates, pitted (can use other date varieties)
- 1 cup of water

STEP - 1

Add the medjool dates and the water to a blender and blend until smooth.

STEP - 2

Stop yourself from reaching for the spoon.

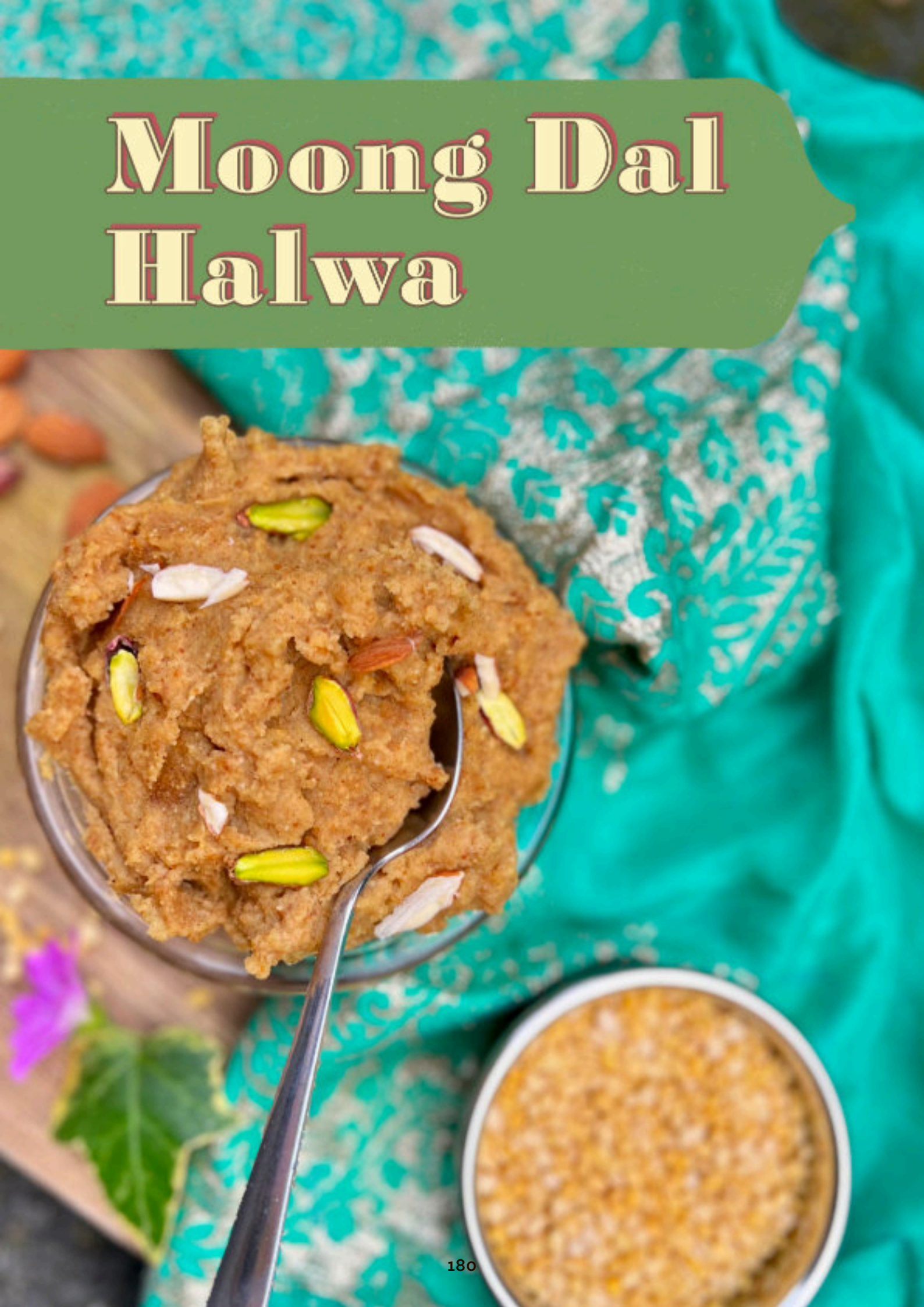
STEP - 3

If you can get past step 2, transfer the paste to a container and store in the fridge for up to

STEP - 4

If you can't get past step 2, start again and hope for the best.

Moong Dal Halwa



Moong Dal Halwa

This iconic Indian dessert is traditionally laden with oil or ghee and sugar, making them super high in calories and not ideal for the health conscious. Our version is totally oil and sugar free, but it still retains its creamy, rich aromatic and authentic flavour. It is the perfect way to add more lentils to your life. Enjoy for breakfast or simply for when you are craving something sweet.

INGREDIENTS

- 1 cup moong dal
- 2 cups of plant milk
- ¼ - ½ cup date paste
- 1/8 tsp ground nutmeg
- ¼ - ½ tsp cardamom powder

For the Garnish:

- Chopped nuts like almonds, cashews, or pistachios, roasted (optional)
- A few raisins (optional)

STEP - 1

Using a non-stick pan toast 1 cup of moong dal for a few minutes until it turns golden brown and fragrant.

STEP - 2

Blend the toasted moong dal in the blender until it turns into a fine powder. Feel free to pass it through a sieve to catch any larger pieces.

STEP - 3

Put the finely ground powder back into the non-stick pan and add in 2 cups of plant milk and the date paste. Cook on low heat until thick and creamy like a thick smooth peanut butter. Make sure to stir continuously. Feel free to add more plant milk or water to reach your desired consistency.

STEP - 4

Once fully cooked, add in nutmeg and cardamom powder and mix well.

Serve warm with a sprinkle of toasted nuts and raisins.

Kheer
(Rice Pudding)

Kheer (Rice Pudding)

INGREDIENTS

- 1 cup basmati rice
- 6 cups plant milk
- ½ cup date paste (adjust to taste)
- ½ tsp cardamom powder
- A pinch of saffron strands (optional)

For the Garnish:

- Chopped nuts like almonds, cashews, or pistachios, roasted (optional)
- A few raisins (optional)

Rice pudding, or kheer as it's known in India, is a dessert that is so nostalgic for us that we simply had to share it. This oil-free version retains the creamy richness of traditional kheer but opts for a healthier approach. It's a dish that's perfect for festive occasions or simply when you're in the mood for something sweet yet wholesome.

STEP - 1

Wash the basmati rice 2-3 times until the water runs clear. Transfer to a bowl and soak in water for 30 minutes. After soaking, drain the water and set the rice aside.

STEP - 2

In a large, non-stick saucepan over medium heat, add the plant-based milk and bring it to a gentle boil.

STEP - 3

Add the basmati rice, reduce the heat to low and let it simmer, stirring occasionally to prevent sticking.

STEP - 4

Once the rice is almost cooked and the mixture starts to thicken, add the date paste. Stir well until the sweetener is fully dissolved.

STEP - 5

Add the cardamom powder and saffron strands, if using. Mix well to combine.

STEP - 6

Continue to cook on low heat until the rice is fully cooked and the pudding reaches your desired consistency. Keep in mind that the pudding will thicken further upon cooling.

STEP - 7

Remove the rice pudding from heat and let it cool to room temperature. It can also be served chilled, depending on your preference!

STEP - 8

Before serving, garnish with chopped nuts and raisins, if using. Serve as a dessert after a hearty meal or enjoy it as a sweet treat anytime you wish.

Gajar Ka Halwa

Gajar Ka Halwa (Carrot Halwa)

Carrots for dessert? Yes please! Gajar Ka Halwa is a beloved Indian dessert that turns simple carrots into a luxurious treat. In India, no festival is complete without a piping hot bowl of Gajar Ka Halwa after dinner. The sweetness of carrots mixed with the cardamom is like Diwali every day! Get ready to light up your table...

INGREDIENTS

- 4 cups grated carrots
- 4 cups almond milk or any other plant-based milk
- ½ cup date paste
- ½ tsp cardamom powder
- A pinch of saffron strands (optional)

For the Garnish:

- Chopped nuts like almonds, cashews, or pistachios (optional)
- A few raisins (optional)

STEP - 1

In a large, non-stick saucepan, add the plant-based milk and bring it to a gentle boil over medium heat. Add the grated carrots, reduce the heat to low and let it simmer, stirring occasionally to prevent sticking.

STEP - 2

Once the carrots are soft and the mixture starts to thicken, add the date paste. Stir well until the sweetener is fully dissolved.

STEP - 3

Add the cardamom powder and saffron strands, if using. Mix well to combine.

STEP - 4

Continue to cook on low heat until the mixture reaches the consistency of a thick smooth peanut butter. Keep in mind that the halwa will thicken further upon cooling.

STEP - 5

Remove the Gajar Ka Halwa from heat and let it cool to room temperature. It can also be served hot or cold depending on your preference.
Before serving, garnish with chopped nuts and raisins, if using.

Cardamom Chickpea Cookies

Cardamom Chickpea Cookies

INGREDIENTS

- 1 400g tin of chickpeas, drained and rinsed
- 3 tbsp oat flour
- 1 very ripe banana, peeled
- 4 medjool dates, pitted
- ½-1 tsp cardamom powder (depending on preference)
- ½ tsp baking powder
- Pinch of salt

This is our unique take on an Indian shortbread biscuit, known as nan katai. Usually made with flour, sugar and butter, these babies are packed with whole food fibre and protein using the magic of chickpeas! Spiced with cardamom, which is one of the best dessert flavours in our opinion, they are soft, moreish and so good for you.

STEP - 1

Preheat your oven to 180°C (350°F).

STEP - 2

Add all the ingredients to a food processor and mix until well combined. It should resemble cookie dough.

STEP - 3

Now spoon the mixture (2 tbsp at a time) onto a parchment lined baking sheet and press down to form each into cookie shapes with wet fingers.

STEP - 4

Pop them into the oven for 20-25 minutes or until golden brown. Let them cool down before eating.

Oat ladoo

Oat ladoo

Let's call this the ultimate Indian bliss ball. Ladoo is a popular sweet in North India and is often made during festivals or celebrations. Usually made with a cupful of sugar and ghee, this is our completely oil free, whole foods spin on a classic. Naturally sweetened with medjool dates, this flavour bomb is a winner, and the kids go wild for it.

INGREDIENTS

- 1 cup oats
- 6-8 medjool dates, pitted
- ¼ cup desiccated coconut
- ½ tsp cinnamon
- ½ tsp cardamom powder
- Pinch of salt

Decorate:

- Toasted pistachios
- Rose petals

STEP - 1

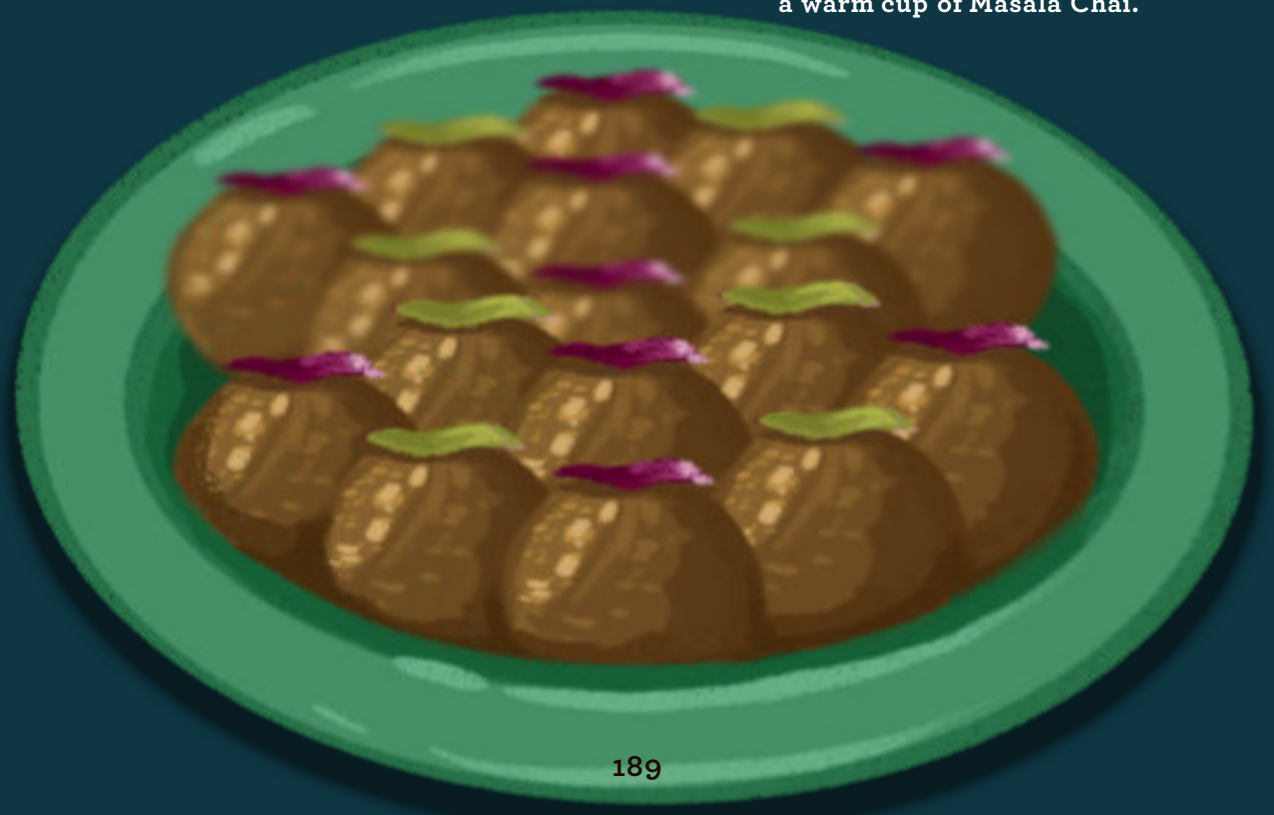
Add all the ingredients to a food processor and blitz until well combined.

STEP - 2

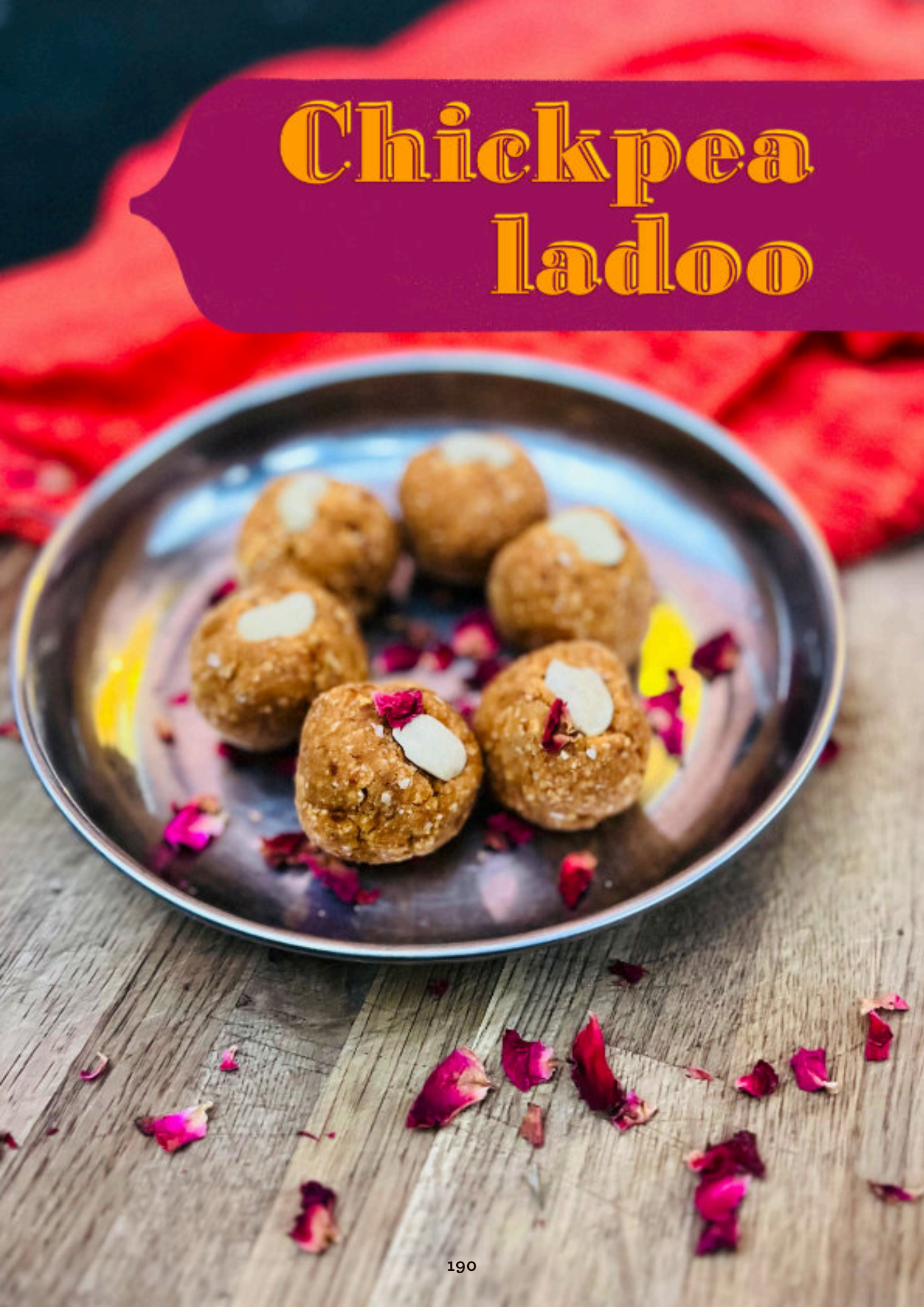
Roll the mixture into small balls and decorate with toasted pistachios and rose petals.

STEP - 3

This mixture will make about 12 oat ladoo and can be eaten as a snack or dessert with a warm cup of Masala Chai.



Chickpea ladoo



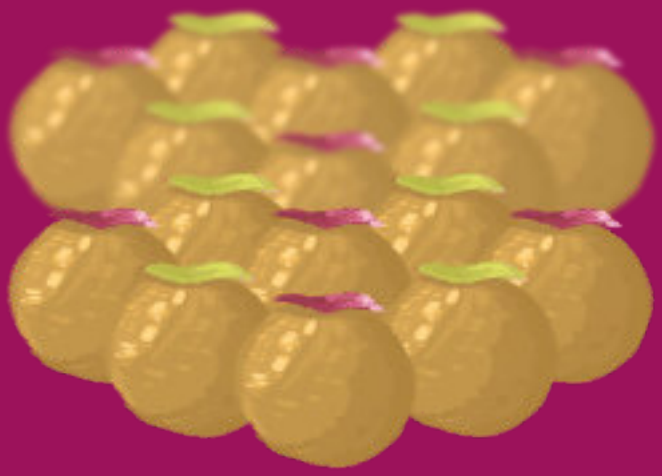
Chickpea ladoo

INGREDIENTS

- 2 cups of cooked chickpeas
- 9 medjool dates, pitted
- 2 tbsp oat flour
- ½ tsp vanilla extract
- ½ tsp cardamom powder

Decorate:

- Toasted pistachios
- Rose petals



Chickpea Ladoo a very popular traditional north Indian sweet that is usually made for special occasions, weddings, festivals and celebrations. These little aromatic balls are packed with fibre and protein, are super satisfying, and fantastic for weight loss.

STEP - 1

Add all the ingredients to a food processor and blitz until well combined.

STEP - 2

Roll the mixture into small balls and decorate with toasted pistachios and rose petals.

STEP - 3

You should get about 12 ladoo that you can eat as a snack or as a dessert.

Seviyan Kheer
(Vermicelli Pudding)

Seviyan Kheer (Vermicelli Pudding)

Seviyan Kheer is another classic Indian dessert that's often on the menu during festivals and special occasions. This version, infused with a hint of vanilla, offers a unique twist to the traditional recipe. It's a comforting, guilt-free indulgence that's perfect for satisfying your sweet tooth.

INGREDIENTS

- 1 cup whole-grain vermicelli, broken into smaller pieces
- 4 cups plant-based milk
- ½ cup date paste
- ½ tsp cardamom powder
- 1 tsp vanilla extract
- A pinch of saffron strands (optional)

For the Garnish:

- Chopped nuts like almonds, cashews, or pistachios (optional)
- A few raisins (optional)

STEP - 1

In a large, non-stick saucepan, toast the broken vermicelli over medium heat until it turns golden brown. Be careful not to burn it. Remove the toasted vermicelli from the pan and set it aside.

STEP - 2

In the same pan, add the plant-based milk and bring it to a gentle boil over medium heat.

Add the toasted vermicelli, reduce the heat to low and let it simmer, stirring occasionally to prevent sticking.

STEP - 3

Once the vermicelli is cooked and the mixture starts to thicken, add the date paste. Stir well until the sweetener is fully dissolved.

Add the cardamom powder, vanilla extract, and saffron strands, if using. Mix well to combine.

STEP - 4

Continue to cook on low heat until the mixture reaches your desired consistency. Keep in mind that the kheer will thicken further upon cooling.

Remove the Seviyan Kheer from heat and let it cool to room temperature. It can also be served warm, depending on your preference.

Before serving, garnish with chopped nuts and raisins, if using.

Sweet Potato Katli

Sweet Potato Katli

This recipe is our own wacky spin on a classic Indian sweet called kaju katli, which is a decadent and rich Indian cashew fudge. We have taken some liberties with this one and used the incredible sweet potato in place of cashews. It has all the same incredible flavour with none of the fat. If unable to find white sweet potatoes (which are denser with less liquid), you may need to add more oat flour depending on the moisture content of your sweet potato

INGREDIENTS

- 1 large white sweet potato, whole
- 1-1 ½ cups oat flour
- 4 medjool dates, pitted
- ¼ tsp cardamom powder
- Pinch of salt

STEP - 1

Roast the sweet potato whole in the oven for 1-2 hours, or until soft and squishy. Let it cool before handling.

STEP - 2

Remove the skin and add 1 cup of the sweet potato flesh to a food processor along with the oat flour (start with 1 cup and add more as needed to reach a nice firm dough consistency), dates, cardamom and salt.

STEP - 3

Process until well combined and let the mixture cool in the fridge.

STEP - 4

Once cool, spoon the mixture onto a sheet of parchment paper, cover with another sheet of parchment paper and use a rolling pin to roll it out to about 1 cm thick.
Slice into diamond shapes and freeze to firm up.

Serve from frozen, but let it defrost for a couple of minutes first. Enjoy!

Kulfi

Kulfi

This delicious traditional cardamom-infused Indian ice cream is a fantastic way to stay cool in the Indian summer months. It is not like the whipped ice cream you may know, kulfi is solid like frozen custard. Usually made with dairy and sugar, this version is purely whole food plant based. Made with butter beans and dates it's packed with protein, fibre and nutrients that will nourish you to the core!

INGREDIENTS

- ¼ cup cooked butter beans
- ¼ cup of cashews
- 2 ripe spotty bananas, peeled
- 4 medjool dates, pitted
- 2 cups plant milk
- 2 tbsp corn starch
- A pinch of saffron
- ¼ tsp cardamom powder

STEP - 1

Add the butterbeans, cashews, banana, dates, plant milk, corn starch and cardamom powder to your blender and blend until smooth

STEP - 2

Transfer to a saucepan over medium heat, add the saffron and bring to a boil. Make sure to stir every few minutes to prevent it from burning.

STEP - 3

Once the mixture begins to thicken, turn the heat off and let it cool completely before adding it to your ice lolly/popsicle moulds.

STEP - 4

Freeze for at least 6-8 hours and enjoy!

Mango Kulfi

Mango Kulfi

This mango kulfi is one of the best ways to use up ripe mangoes during mango season in India. We have taken big liberties with the ingredients (as always!), as it is usually made with condensed milk. Our version is naturally sweetened and with some hidden veggies too!

INGREDIENTS

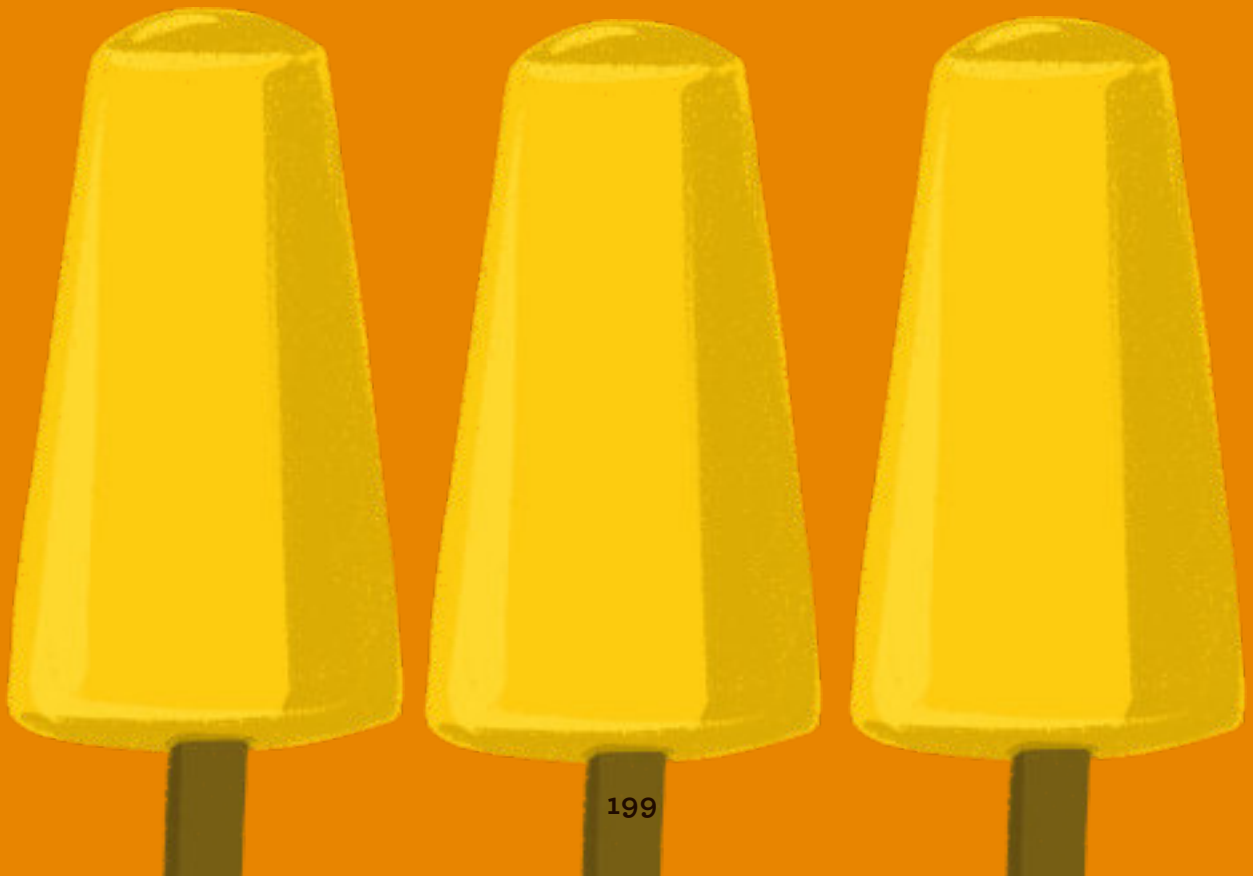
- 2 cups mango, chopped
- ½ cup unsweetened plant-based yoghurt
- 4 medjool dates, pitted
- 1 ripe spotty banana, peeled
- ½ cup steamed cauliflower

STEP - 1

Add all the ingredients to a blender and blend until smooth.

STEP - 2

Add the mixture into your ice lolly/popsicle moulds and freeze for at least 6-8 hours. Serve from frozen.



Millet Kheer

Millet Kheer

Though kheer is traditionally made with rice, this millet version is just as delicious with an extra nutty flavour. We've also hidden a cup of chickpeas in here too for an extra boost of goodness! We firmly believe that everyone will love this warming, cardamom infused millet pudding. However, if millet isn't your thing, feel free to mix up the grain and try quinoa, amaranth or barley.

INGREDIENTS

- ½ cup millet
- 2 ripe bananas, peeled
- 1 cup chickpeas
- 1 cups of plant milk
- 2 cup water
- 3 medjool dates, pitted
- ½ tsp cardamom powder

For the Garnish:

- Chopped nuts like almonds, cashews, or pistachios (optional)
- A few raisins (optional)

STEP - 1

Add all the ingredients apart from the millet to a blender and blend until smooth. Set aside.

STEP - 2

In a large, non-stick saucepan over medium heat, toast the dry millet until it turns golden brown. Be careful not to burn it.

STEP - 3

Add in the blended mixture. Bring to a boil, reduce the heat to low and let it simmer, stirring occasionally to prevent sticking. Add more plant milk or water as needed.

STEP - 4

Continue to cook on low heat until the mixture reaches your desired consistency. Keep in mind that the kheer will thicken further upon cooling.

STEP - 5

Remove the kheer from the heat and let it cool to room temperature. It can also be served warm, depending on your preference.

STEP - 6

Before serving, garnish with chopped nuts and raisins, if using.

Serve as a dessert after a hearty meal, for breakfast instead of oatmeal, or enjoy it as a sweet treat anytime you wish.

Fruit Chaat

Fruit Chaat

This is the ultimate sweet, salty, and spicy experience, one that is all too common in India!
We know it sounds odd, but we're going to ask you to trust us, and the 1 billion+ people who eat this regularly and take your normal fruit salad to the next level. This is our favourite mix of fruits, but there are no rules here, use your favourite fruits and get creative with the combinations.

INGREDIENTS

- 1 mango
- 1 orange
- 1 cup of grapes
- ½ cup pomegranate seeds
- 1 apple
- 1 pear
- ¼ tsp black salt
- ¼ tsp ground cumin
- ½ tsp chaat masala
- 1/8 tsp black pepper
- 2 tsp lemon juice
- 8 mint leaves

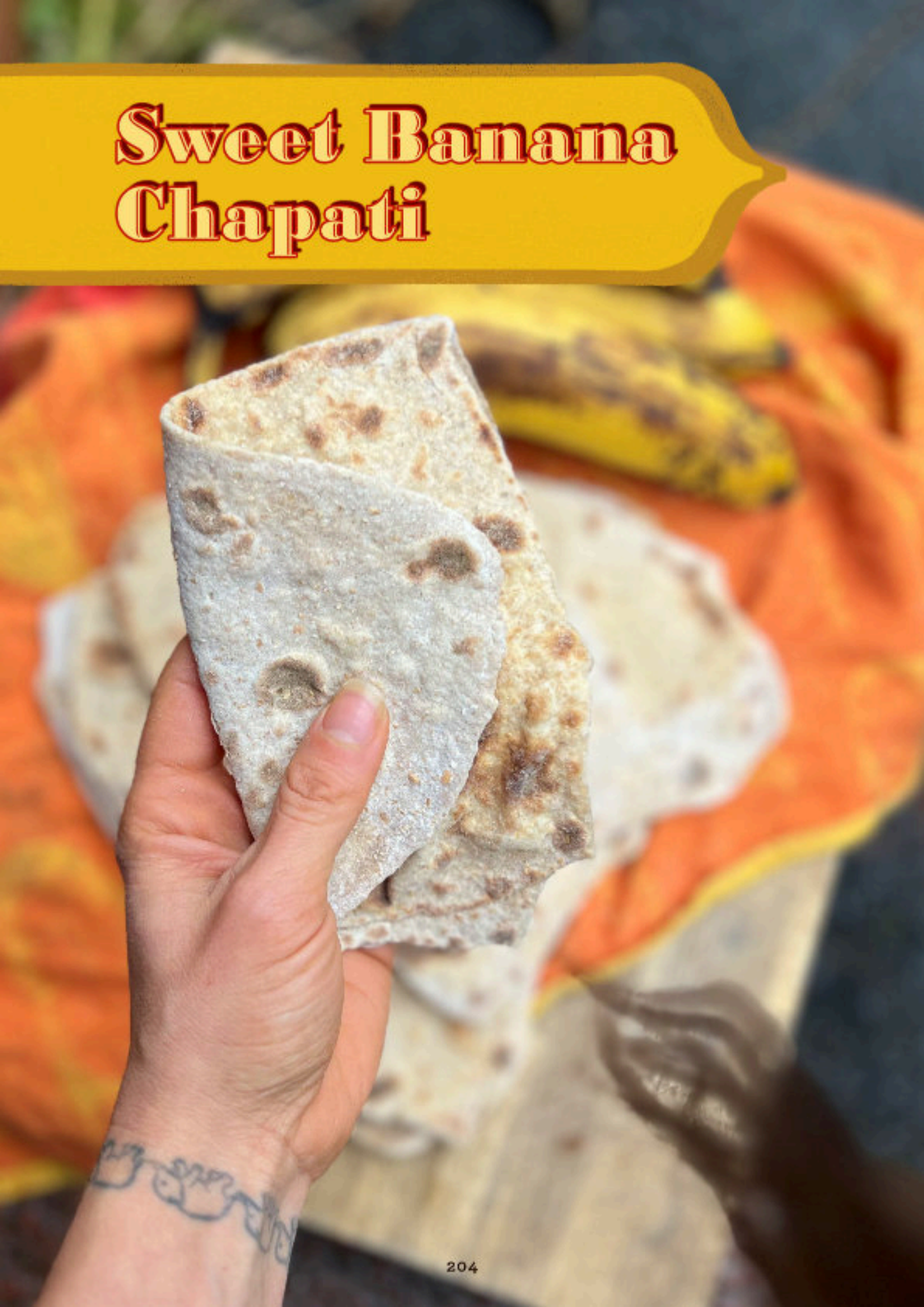
STEP - 1

Dice your fruit into even pieces and add them all into a bowl

STEP - 2

Sprinkle the black salt, ground cumin, chaat masala, black pepper, lemon juice and mint leaves over the top. Mix well to combine and enjoy!

Sweet Banana Chapati



Sweet Banana Chapati

North Indian cuisine is all about bread and while you're probably familiar with some of the other savoury breads we've covered, we thought it was important to include a bread for the sweet-toothed among you. If you're anything like us, you always have an abundance of bananas in your house, and if that's the case you're halfway there. These sweet flatbreads are super soft, sweet and are a perfect snack for breakfast or dessert!

INGREDIENTS

- 3 ripe bananas, peeled and mashed
- 1½ - 2 cups whole wheat flour (depending on size of bananas)
- 1 tbsp date paste
- A pinch of salt (optional)

To Serve:
Chocolate Sauce:

- 1 tbsp maple syrup
- 1 tbsp unsweetened cocoa powder
-

STEP - 1

In a large mixing bowl, add the mashed bananas, whole wheat flour, date paste and a pinch of salt, if using. Mix well.
Knead continuously to form a soft, smooth dough. The dough should not be too sticky or too dry. Cover the dough with a damp cloth and let it rest for 15 minutes.

STEP - 2

Divide the dough into small, equal-sized balls.

STEP - 3

Heat a non-stick pan on medium heat.
While the pan is heating, take one dough ball and roll it out on a flat surface dusted with a little whole wheat flour. Roll it into a circle about 6-7 inches in diameter.

STEP - 4

Place the rolled-out dough onto the hot pan. Cook until you see small bubbles forming on the surface.
Flip the chapati and cook the other side until it puffs up and both sides have golden-brown spots.

STEP - 5

Remove the chapati from the pan and place it on a serving plate. Repeat the process for the remaining dough balls. Serve this sweet chapati with the chocolate sauce (mix the maple syrup with cocoa powder) or peanut butter (use peanut butter powder for a lower fat version) for a fun breakfast or dessert!

Drinks

Time to let our inner mixologists free and pour up some joy! This is where we stir up some of India's favourite sips — from a cool, frothy lassi to a soul-warming masala chai. But, using healthy whole plant foods instead of dairy and sugar. Whether it's a hot day or you need something cozy, we've got a glass of something delicious waiting for you.

Haldi Doodh
(Turmeric Milk)

Haldi Doodh
(Turmeric Milk)

Haldi Doodh is about as comforting as a drink can get – think hot chocolate but with a health punch. While its traditionally made with dairy, we think its oh so much better with almond, oat and soya milk. In India it's not uncommon to see Haldi Doodh offered as a go-to remedy for anyone feeling unwell, from colds to sleepless nights. Did we mention it's also gorgeous and easy to make?

INGREDIENTS

- 2 cups plant milk (almond, oat, or soya)
- 1 tsp turmeric
- ¼ tsp ground black pepper
- ½ tsp ground cinnamon
- 1 tbsp maple syrup (adjust to taste)

STEP - 1

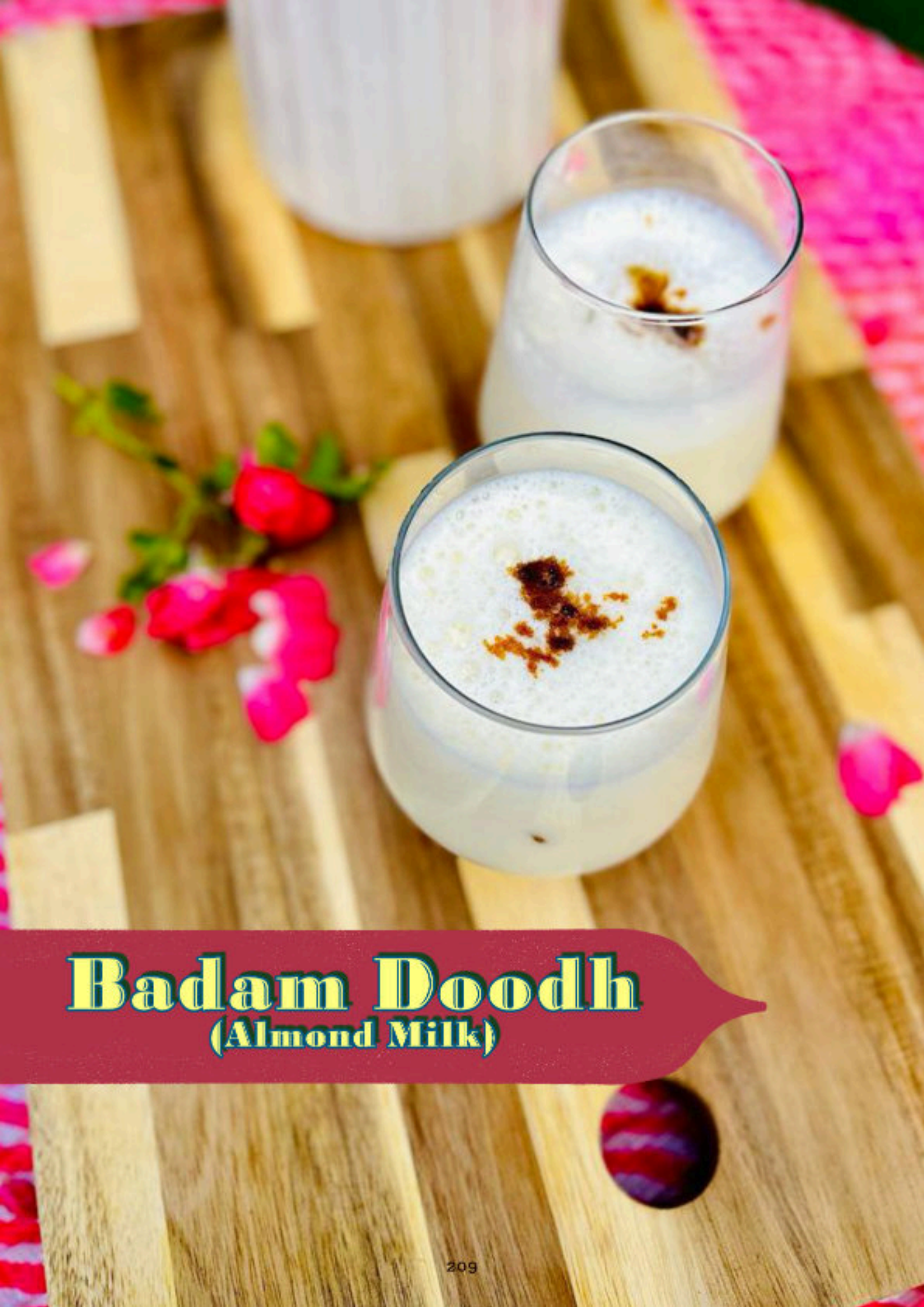
In a saucepan, combine all the ingredients.

STEP - 2

Heat the mixture over low heat, stirring constantly to prevent lumps.

STEP - 3

Once the milk is hot but not boiling, remove from heat. Strain the mixture into cups and serve warm.



Badam Doodh
(Almond Milk)

Badam Doodh
(Almond Milk)

If Haldi Doodh is your comfort drink, Badam Doodh is one for special occasions and is rightly associated with festivities – even though it's not that complicated to make. We love it for its complex flavours, balancing the nuttiness of almonds with rich cardamon and cinnamon.

INGREDIENTS

- 2 cups plant milk (almond, oat, or coconut)
- ¼ cup almonds, soaked and peeled
- ½ tsp ground cardamom
- ¼ tsp ground cinnamon
- 1-2 tbsp maple syrup (adjust to taste

STEP - 1

In a blender, combine the soaked and peeled almonds with a little bit of the plant-based milk. and blend until smooth.

STEP - 2

In a saucepan, heat the remaining plant-based milk over low heat. Add the almond paste, ground cardamom, and ground cinnamon to the milk.

STEP - 3

Stir well to combine and let it simmer for 2-3 minutes. Add the maple syrup and stir until well incorporated.
Serve hot, garnished with a sprinkle of ground cinnamon or slivers of almond.

Masala Chai

Masala Chai

"Let's have Chai?", is probably the most said phrase all over India! One might say it is just tea and spices but it's so much more than that, a little daily ritual that brings a smile and starts our days on the right footing. The first thing we often do when back in India is to find the nearest cup of chai. Each cup is made with love and steeped in culture and this recipe book would have been incomplete without it!

INGREDIENTS

- 1 cup water
- 1 cup plant milk (use oat or soya)
- 2 tsp black tea leaves or 2 tea bags
- 1–2-inch piece of fresh ginger, minced
- 2 green cardamom pods, lightly crushed
- 1 small stick of cinnamon
- 2-3 cloves
- 1-2 black peppercorns (optional for extra warmth)
- 1 tsp maple syrup, to taste

STEP - 1

Pour the water into a small pot and bring it to a boil. Add the ginger, cardamom pods, cinnamon stick, cloves, and black peppercorns to the boiling water. Let it simmer for about 5 minutes to let the spices infuse their flavours.

STEP - 2

Add the black tea leaves or teabags and simmer for another 2-3 minutes. If you like a stronger tea, let it brew for a little longer.

STEP - 3

Pour in the milk and heat the mixture until it just begins to boil again.
Once the chai comes to a boil, reduce the heat and simmer for 3-4 minutes. This allows the flavours to meld beautifully.
Sweeten with your choice of sweetener, stirring well to dissolve.

STEP - 4

Strain the chai into cups using a fine-mesh sieve or tea strainer. Serve hot and enjoy the warmth of homemade Masala Chai. Feel free to adjust the spices according to your taste. Some like their chai spicier, while others prefer it milder. The key to a great Masala Chai is finding the balance that suits you perfectly. Enjoy your cozy cup!

Masala Lemon Soda

Masala Lemon Soda

We know adding chaat masala and black salt to a drink might sound strange, but in India it's not only perfectly acceptable but encouraged. It's certainly got a lively and complex flavour that'll have your guests doing a double take. It's a drink that promises to keep things interesting and can certainly start a conversation. With all that said, we think it's lovely and so needed on hot sweaty days.

INGREDIENTS

- Juice of 2 lemons
- Crushed mint leaves
- ½ tsp chaat masala
- ½ tsp black salt
- 2-3 cups soda or sparkling water, chilled
- Maple syrup (adjust to taste)
- Lemon slices to serve
- Sprigs of mint to serve

STEP - 1

In a glass, combine lemon juice, chaat masala, and black salt.
Add the mint and maple syrup and mix well.

STEP - 2

Slowly pour in the chilled soda or sparkling water, stirring gently to combine.

STEP - 3

Serve chilled, garnished with lemon slices and mint leaves and lots of ice!

Sabja Drink
(Basil Seed Drink)

Sabja Drink
(Basil Seed Drink)

The sabja drink is a hidden gem among Indian drinks, offering more of an experience than you'd expect from a drink, with the texture of the basil seeds (spoiler alert!) taking you by surprise. While it may not be for everyone, we think its undeniably worth a try. Traditionally, the use of basil seeds, known in India for their cooling properties, have made this drink a must have for hot summer days.

INGREDIENTS

- 2 tbsp basil seeds (soaked in water for 30 minutes)
- 2 cups cold water
- Juice of 1-2 lemon
- Maple syrup (adjust to taste)
- Slices of lemon (garnish)
- Mint leaves (garnish)

STEP - 1

Soak the basil seeds in warm water for about 30 minutes until they swell up.

STEP - 2

In a jug, combine the soaked basil seeds, cold water, and lemon juice.

STEP - 3

Add the maple syrup and mix well. Serve chilled, garnished with lemon slices or mint leaves

Mango Lassi

Mango Lassi

You're probably familiar with a Mango Lassi and it's got its popularity for a reason – blending sweet mangoes and creamy plant-based yoghurt to create a luscious and simply satisfying drink. What if we told you it doesn't need to be a naughty treat but can be made perfectly healthy. It's a perfect way to indulge in summer favours, pretty much any time of the year.

INGREDIENTS

- 2 ripe mangoes, peeled and pitted
- 1 cup unsweetened plant-based yoghurt
- ½ tsp ground cardamom
- Maple syrup (adjust to taste)
- A pinch of salt
- Ice cubes (optional)

STEP - 1

In a blender, combine the mangoes, plant-based yoghurt, ground cardamom, maple syrup, and a pinch of salt.

STEP - 2

Blend until smooth and creamy. If the mixture is too thick, you can add a little water to reach your desired consistency.

STEP - 3

If using ice cubes, add them to the blender and pulse a few times to crush. Pour into glasses and serve chilled.

Chaas

Chaas

Chaas is a yoghurt-based drink popular across India. Think a savoury lassi that will often be served to help with digestion after meals. While its often kept to salted yoghurt flavour, it can be combined with different spices for whatever taste you're looking for.

INGREDIENTS

- 1 ½ cups of unsweetened plant-based yoghurt
- 4 cups of cold water
- 2-3 mint leaves (optional)
- ½ tsp ground cumin
- ½ inch fresh ginger
- Pinch of black salt
- Salt to taste
- Pinch of asafoetida (omit to make gluten-free)
- A handful of fresh coriander leaves, finely chopped
- ½-1 green chillies, finely chopped (optional for heat)

STEP - 1

Roast the ground cumin on a dry pan for 1-2 minutes and set aside. In a blender, combine the plant-based yoghurt and water. Blend until smooth.

STEP - 2

Add the roasted ground cumin, salt, fresh coriander, salt, black salt and green chillies (if using). Blend again until all the ingredients are well-incorporated.

STEP - 3

Taste and adjust the seasonings as per your preference. If the Chaas is too thick, you can add a bit more water to achieve the desired consistency.

STEP - 4

Chill the Chaas in the refrigerator for at least an hour, or serve immediately over ice for a cool, refreshing drink.

STEP - 5

Just before serving, you can sprinkle a pinch of asafoetida on top for an extra layer of flavour.
Pour into glasses, garnish with a sprig of fresh coriander and enjoy!

And that's all folks!